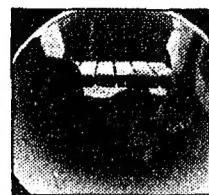


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The

Gateway

University of Nebraska at Omaha

Friday, October 11, 1996

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Recruitment, Retention Efforts for UNO Increased

BY BEN KOMAR

The recruitment and retention of top Nebraska high school students has become a major concern for the University of Nebraska Board of Regents. At the August 13 regent meeting, attention was brought to the fact that the NU schools are not getting their fair share of the top 10 percent of the state's high school graduates.

Recently, the university has taken steps to promote the university more aggressively.

During the summer, advertisements for UNO were taken out in such national magazines as *Time* and *Sports Illustrated*.

According to NU Regent Nancy O'Brien, this campaign "will have a positive effect on enrollment. But it just began, so it will take some time to see the value."

O'Brien said that the advertising campaign accomplished two tasks.

First, the campaign made students in other states and even Nebraska more aware of what UNO has to offer. Second, it raised the stature of the university.

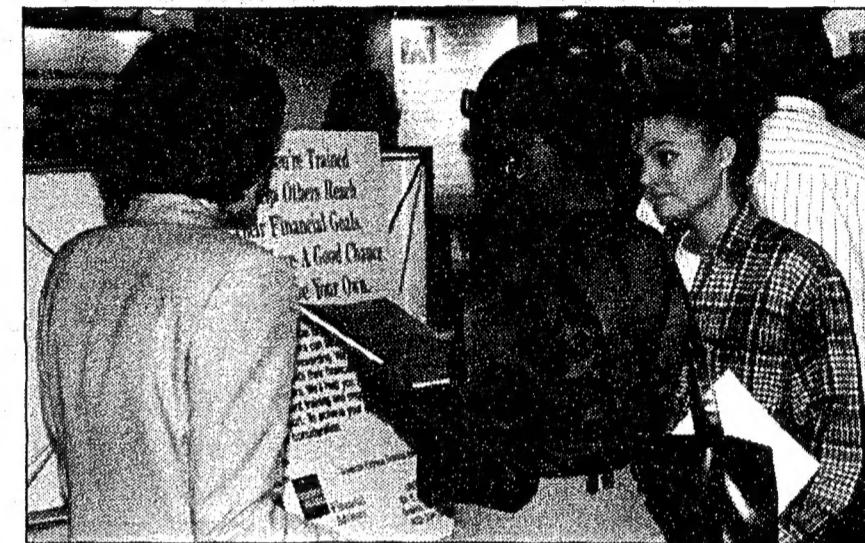
O'Brien also said that UNO will become more aggressive in its recruitment techniques. As an example, she cited Iowa State University, which has been drawing many students from Nebraska. "Once a student expresses an interest in going there, they start making weekly phone calls," she said.

Another problem for UNO is retention — getting students to remain at the university once they have enrolled.

An focus statement from Student Development Services (SDS) at UNO regarding retention noted that: "It is clear that recruitment alone cannot adequately maintain or increase UNO's enrollment." It goes on to say that higher retention of UNO students "will improve not only UNO's enrollment profile, but its image and sense of campus community as well."

One of the projects set up by the Enrollment Management Steering Committee is called Innovative Retention Programs (IRP). This program rewards departments and campus groups that "support new program ideas — intervention, outreach efforts, support systems — that focus on helping students stay

--see Recruitment, page 2--



Chad Greene

Latisha Davis (center), a sophomore physical therapy major, and Laura Wendt (right), a junior psychology major, talk to a representative from Kelly Temporary Services Wednesday at the Career Fair.

Internships, part-time and full-time jobs

Real Jobs' Not Hard to Find at Career Fair

BY BRIAN J. TODD

For students looking for a "real job," the place to be this week was the UNO Career Fair.

The fair, held Wednesday in the Milo Bail Student Center, was a part of Career Fair Week at UNO.

Several hundred students took part in the fair on Wednesday where employers from the Midwest and around the country set up booths and presentations designed to help students get started in their search for a career.

Rick Carlson, coordinator for UNO student employment services, said the 88 companies present represented a wide range of businesses and opportunities; from banking to telemarketing and hospitals to graduate schools.

But Carlson said that not all companies are necessarily looking for students who are ready to start their careers right now. "This is for part-time and full-time jobs, internships or professionals."

Even students not ready to set foot into the job market right away can benefit, he said, by meeting employment recruiters, networking or just learning what jobs are avail-

able from different companies.

"Some of the students may not be aware that a particular company has an accounting department for example," he said, noting that many companies hire all kinds of employees, not just those who specialize in what that company does.

"When you think of Mutual of Omaha or any large corporation," said Curt Kline, first vice president of Human Resources at the Omaha-based insurance giant, "you've got to realize they've got openings for many students."

Kline said his company hires students from many disciplines, some of which have very little on the surface to do with insurance or sales. Some of the types of non-business students that Mutual would hire include teachers, for training and development of new employees and doctors and nurses for the company's medical management.

"You wouldn't believe how many R.N.'s and M.D.'s we have," he said.

--see Fair, page 2--

UNO Student Fatally Wounded in Auto Crash

BY JONATHAN PELPHREY

A UNO student was killed Wednesday morning in a car accident at the corner of 180th and Q streets.

Brianna Eastman, a senior in the College of Business Administration, was northbound on 180th Street. According to Lieutenant McGovern of the Douglas County Sheriff's Office, witnesses at the scene said Eastman was proceeding through a green light when she was broadsided by a semi-trailer truck. The truck, eastbound on Q Street, was carrying a load of gravel.

McGovern said the driver of the truck used the horn, but was unable to stop. There were skid marks on the road indicating that the driver attempted to stop the truck, McGovern said.

The accident occurred at 8:50 a.m. Eastman was flown to St. Joseph's Hospital by Life Flight, where she was pronounced dead.

McGovern said an investigation of the accident was still under way, and that the case had been referred to the Douglas County Attorney's Office for review. There was no indication of

any alcohol involved in the accident, he said. Questions concerning the speed of the truck are still being investigated.

Services will be held 11 a.m. Saturday at Crosby-Kunold-Burket-Swanson-Golden Funeral Chapels in the Colonial Chapel..

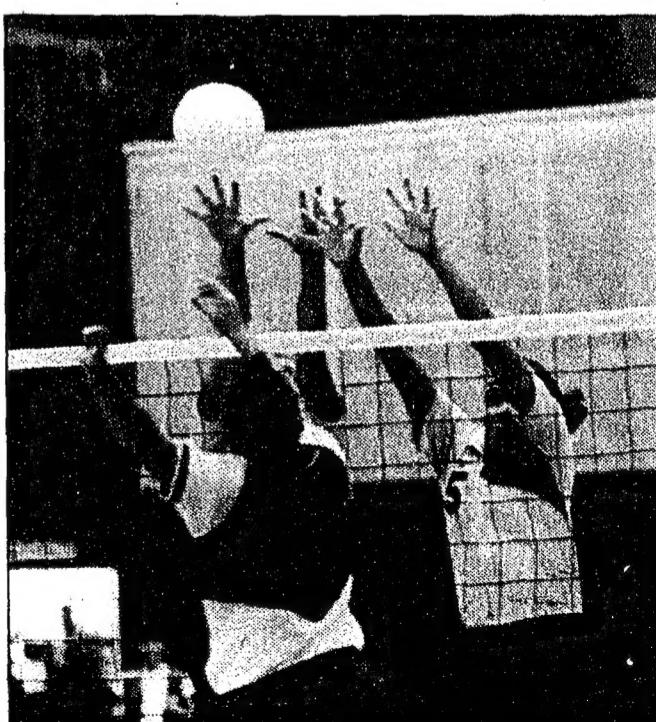
Eastman graduated from Millard South High School. She was living at home, about six blocks from the sight of the accident. She was employed as a teller with First National Bank.

Kate Kalamaja, a recent UNO graduate, said Brianna was well-known and well-liked on campus.

Senior broadcasting major Jonathan Murnane agreed. "She enjoyed having friends and being a friend," he said. "That was really important to her."

Murnane said he thought Eastman will be remembered well by those who knew her. He had difficulty trying to find a way to describe what she was like. "I think that to slap adjectives on her would cheapen her," he said. "She just wanted so much to be everyone's friend."

Don't even think about it...



Jim Schiefele

Christyn Malone's (#5) net play has earned her the title of the North Central Conference's best rightside hitter, according to Head Volleyball Coach Rose Shires. For more volleyball coverage, see Sports, page 12.

News Briefs

Cancer Survivorship Town Hall

Health professionals, insurance representatives, cancer survivors and others connected to the issue of cancer are invited to the Cancer Survivorship Town Hall. The event will take place Oct. 19 from 9 a.m. until noon in the Cooper Auditorium of the University of Nebraska Medical Center College of Nursing. The public is invited to attend and admission is free, although seating is limited to 250.

The event is designed to raise awareness of survivor issues and part of a series of similar national forums. For more information, contact Tim Kaldahl at 559-5768.

NASA Grant Scholarships and Fellowships

The deadline for NASA Space Grant Scholarships and Fellowships is October 25 for the award period from Feb. 1, 1997 through Jan 31, 1998. All majors can apply for the awards, which range from \$250 to \$7500, although women and under-represented minorities and people with disabilities are strongly encouraged to apply. For more information, call 554-3772.

Spring Tuition Waiver

The deadline for those who wish to apply for the Graduate Regents' Tuition Waiver for Spring 1997 is November 14. The application may be picked up in the Graduate Studies Office, EAB 204. Students also need to make sure their correct FAFSA form is on file in the Financial Aid Office to be eligible.

--from Fair, page 1--

Like Carlson, Kline also said that even students who are not ready to graduate or students just looking for a job to help get through school could benefit from the Career Fair.

"We could be looking for people to be doing telemarketing part time," he said.

Kline said that Mutual takes several factors into account when looking at prospective employees. Grades and the proper course work are just two indications of what makes a good employee. He said that internships also help judge how well prepared a student is after graduating. And, any special projects a student might have worked on could also be beneficial.

But Mutual looks for more than just good grades and previous experience, he said.

"We're looking for people with the right kind of values for Mutual of Omaha," he said.

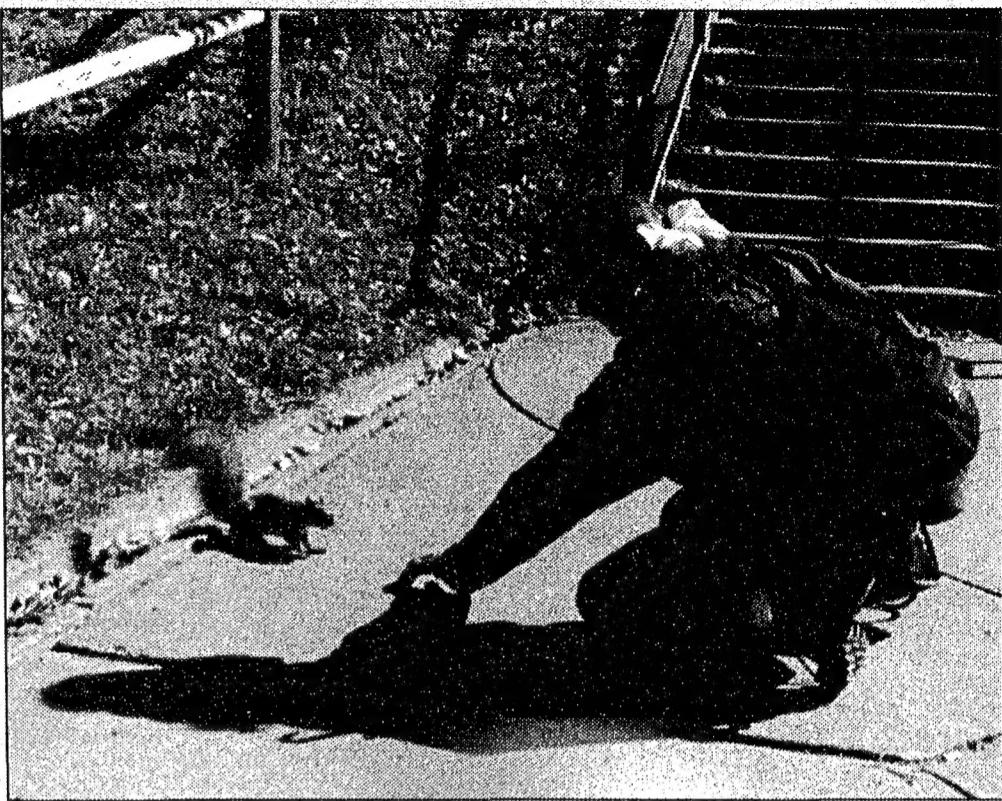
Some of the personality traits that the company seeks, he said, include people who seem like they want to grow both personally and professionally, people who take initiative and people who take responsibility and accountability for the company, not just their job within the company.

Like the employers, many of the students in attendance had different reasons for attending the fair.

Sophomore Tim Fontroy said he was attending "for basic knowledge of what employers are looking for, what employers want and like to see in an employee."

But Sophomore Latisha Davis and Junior Laura Wendt had a more practical reason for attending. Both said they had recently lost their jobs at Sitel Corporation and were looking for something part time that would fit their school schedules.

Don't feed the animals



-Curtis Harris

Cassandra Koch, a sophomore elementary education major, crosses paths with a wild animal in between classes Wednesday.

--from Recruitment, page 1--

at UNO." IRP rewards consist of small grants (up to \$500), and will be awarded on basis of effectiveness. Departments can work together or individually.

According to the focus statement, the major objectives in the retention drive are to help students make a successful transition to college and help students connect to the environment and people upon arriving on campus.

The statement by SDS also noted that once students are on campus it would hope to aid students in succeeding both personally and in the classroom. This could be accomplished by

helping students to know and understand the expectations of the institution. And once students are done with school it could help them select a career path.

The statement also noted that faculty and staff should know the importance of the role they have in these efforts.

The SDS suggested these goals be accomplished by assessing current student satisfaction and performance and applying the results both academically and programmatically.

It said one-to-one academic advising and small group orientation for all new students would greatly help in retaining students at UNO.

Abandoned Baby Found In College Dorm Wastebasket

REUTER

POULTNEY, Vt. — A newborn infant boy, found in the wastebasket of a college dorm, was in good condition Wednesday, a hospital spokeswoman said as police contemplated bringing charges against his 18-year-old sophomore mother.

The baby, covered in paper towels, was found by a Green Mountain College student who heard his cries at about 10 a.m. Tuesday, according to the school's Dean of Students Gary Derr.

Vermont state police took both the four-pound infant and his mother, Eula Dickerson, to Rutland Regional Medical Center, said police dispatcher Tye Bletz.

"Charges for abandoning an infant are anticipated," Bletz said.

Derr said no one at the private liberal arts college in west-

ern Vermont knew Dickerson, who is from Memphis, Tenn., was pregnant.

"We're all pretty shocked. You read about this kind of thing, but you don't expect to hear about it happening on your own campus," Derr said. Derr held an open meeting for the college's 630 students last night "and the outpouring of compassion and support for her is just incredible."

Dickerson apparently gave birth Tuesday morning in a friend's dorm room, while the friend was staying elsewhere, Derr said, adding that the infant was found in a wastebasket in the men's bathroom.

He said Dickerson had transferred to Green Mountain College, but did not know from which school.

Gateway

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One per student, 25 cents each.



Nationally-Recognized Program Deals with Workplace Psychology

BY PATRICIA JUSTICE

Read *Dilbert*. You'll get a good idea of the issues studied in UNO's graduate Industrial/Organizational Psychology (I/OP) program.

"In *Dilbert*, Scott Adams sometimes pushes these ideas over the edge, but in many cases he is surprisingly accurate," said Wayne Harrison, associate professor and director of the graduate I/OP program since 1983.

"We will sometimes use one of the comic strips to illustrate the concept we are discussing and lead from there into our topic," Harrison said.

UNO's graduate I/OP training program has been preparing students to grapple with similar issues since 1959. There are 21 students currently enrolled in either the master of arts or master of science programs, and 12 in the Ph.D. program. Only a few candidates are admitted annually to the Ph.D. program, which has been in existence since 1973.

The I/OP program was the first doctoral program offered at UNO. While offered in conjunction with UNL, all coursework is completed at UNO.

The graduate I/OP program was recently recognized by the Research and Education Association for inclusion in their publication, *The Top Graduate Programs*, featuring profiles of the top graduate programs in 60 fields of study.

"This program is virtually unknown, even on campus outside the psychology department. Locally, businesses are unaware of our services and are missing out on a valuable resource," said Roni Reiter-Palmon, assistant professor, who teaches courses in statistics, research methods, personnel selection and

leadership.

The fact that graduate students are required to complete an internship in this program is one of its strengths Reiter-Palmon said.

"Our program offers a wonderful balance of research and application. This is not common," Reiter-Palmon said. "Even among major universities, there is little emphasis for students on practical experience combined with research."

Jody Illies, a second year graduate student from St. Cloud, Minn., said that the dual master's and doctoral program was one of the attractions of this I/OP program.

"I liked the idea of getting a master's on the way to a Ph.D. Knowing that I could leave after two years with a master's degree was a real plus rather than being in a program where you had to stay to complete the Ph.D.," said Illies.

"The I/OP program is fundamentally a psychology program within that department," said Harrison. "Then we take the training into the specific areas dealing with workplace issues, such as job satisfaction, job development, placement, job analysis, motivation, leadership, team management, and creativity."

The program has two primary aspects: research and application in government and industry. This makes the educational training valuable to the students, the community and the university.

Associate professor Jim Thomas is the director of the Center for Applied Psychological Services (CAP) which is the applied portion of this program.

CAP contracts with local government and



Members of the UNO's graduate Industrial/Organizational Psychology (I/OP) program are (from left): Jim Thomas, Roni Reiter-Palmon, Wayne Harrison, Lisa Scherer and Philip Craiger. (Not pictured: John Newton)

businesses to provide human resources services. Some of their projects have included developing selection procedures for firefighters and police departments, including work with these departments in Lincoln.

The students in the I/OP program have created their own organization, SIOP-UNO, to discuss current issues in industrial/organizational psychology. SIOP-UNO meets bi-weekly with frequent academic and business speakers on related topics.

Second-year student Lisa Kobe, from Cleveland, Ohio considered several I/OP graduate programs before selecting the one at UNO. Some of the opportunities in areas of studying leadership and creativity were particularly attractive to her.

"This is quite a challenging program. It has provided a lot of practical experience and research opportunity for me," said Kobe.

Assistant professor Philip Craiger, Ph.D., the newest member of the graduate I/OP faculty, holds a joint appoint-

ment with the new College of Information Science and Technology.

--see Workplace, page 15--

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UNO Student Government Elections

**What: Election Dates:
Oct. 16th & 17th**

- Student Government
- Student President/Regent
- All Senators
- Class & College Representatives

**Where: Milo Bail Student Center
South Entrance (by the Bookstore)**

When: 8a.m. - 8p.m.

**What do you need?
Student I.D.**



Opinions & Editorials

Barber Visit More than Just Hairy Affair

Today I set up a rendezvous with Fate. A date with destiny. I made an appointment to get my hair cut.

Several friends have tried to make me feel better about this, saying soothing things like "It's no big deal" or "I do it all the time." But it's no good. There's something in me that cries out against such drastic change, such severe measures.

I should tell you that I'm not afraid of getting my hair cut. That's not it at all. OK, I suppose fear plays a small part in my neurosis. But my fear is not a fear centered around the actual cutting of the hair — it's more a fear of the consequences that will follow the hair-chopping.

Like Samson, I fear that I will lose my power if I allow Delilah (my stylist) to cut my hair. Of course, for both Samson and me, the source of power is not really the hair, but what the hair represents.

(By the way, the parallel between Samson and myself ends at this point. Samson's very impressive physical strength and power came from a divine source. My "power," on the other hand, is a rather puny psychological edge.)

So what does my hair represent?

I guess I originally grew my hair out for a couple of reasons. I wanted to shed my "preacher's kid" image. I was just way too nice-looking for my own good, I thought, and I wanted to go for a more intimidating, 'manly' look. (Which, if you knew me would seem hilarious.)

I also thought it would give me an advantage in some situations. I'm not a stand-offish person at all, but I wanted to establish some way to put a little distance between myself and others upon first meeting.

Don't get me wrong. I didn't want to be a hermit, isolating myself from others. I just wanted to garner a little respect. Oddly enough, I thought more hair would help me in this area. Go figure.

So, my hair represented (in my own demented mind) a desire to establish a unique, self-sufficient identity.

It wasn't always like this. I don't think I always worried about such things. When I was a kid, I just was. I wasn't this kind or that kind. And I certainly didn't worry about hair like this. (Maybe lunchboxes, but not hair!)

So now am I "Hair Boy" or "that long-haired guy"? I don't know, but I do know one thing. The fact that I have to actually sit here and think about whether or not I should cut my hair tells me that I am probably too closely identifying my self-image with my hair status.

It's time I determined to be myself, without regard for my hair. I mean, why should I force myself into boxes labeled "long hair" and "short hair"?

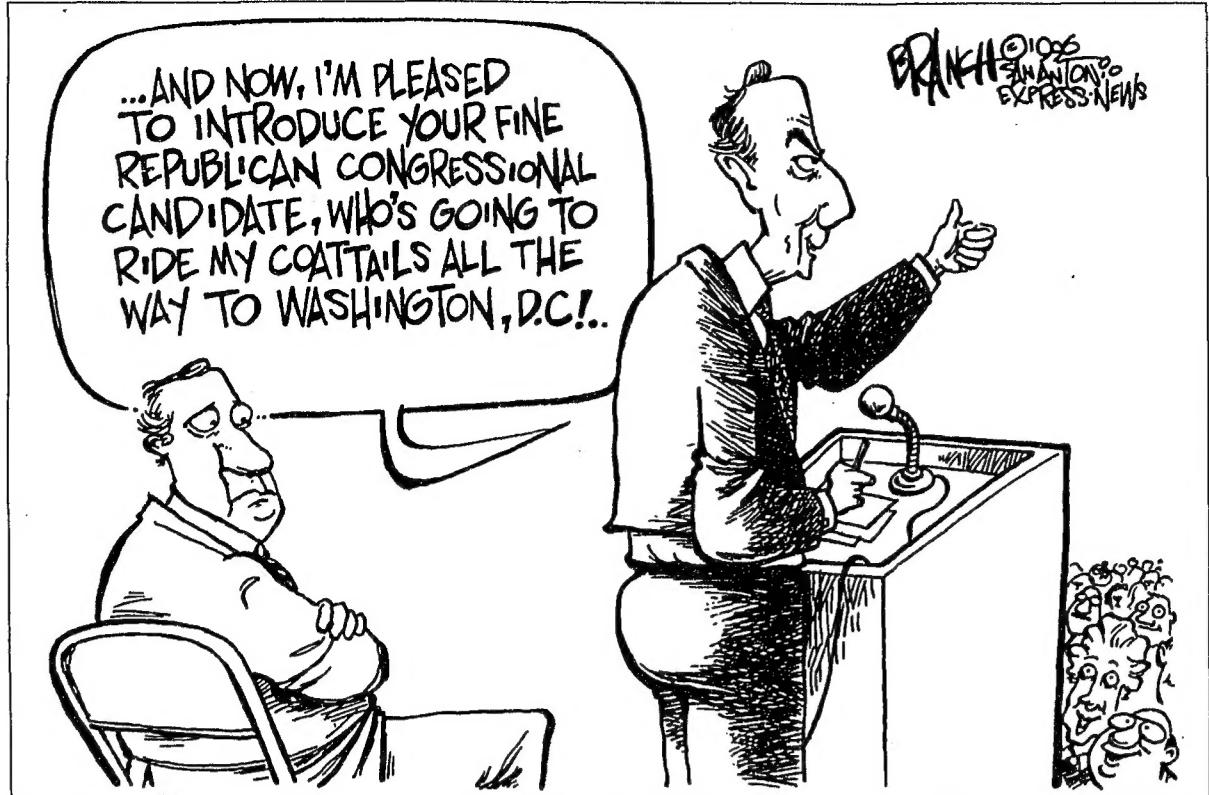
At the same time, why should I feel like I need to change my hair in order to change my mind? If I have determined to live a certain way, why do I feel the need to proclaim it to everyone by means of some outward sign (my hair in this case)? I should hope that, by this time, I have come to the point where I can just be.

But, of course, it doesn't work that way any more (and perhaps it never did). This is the age of the image. And, like Samson, I will continue to project an image (and be perceived to have one) whether I actively choose that image or not. Whether I cut the hair or not.

So what will become of my hair? I guess I don't know at this point. I'll decide on Tuesday at 3 p.m. when Delilah, poised over me, eyeing my hair as if it was the center of the Universe, says, "So, what do you think? Wanna cut it off?"

**JONATHAN
PELPHREY**

Columnist



'Unions ruining games'

Dignity of Baseball Lost in the Shuffle

"The Spit," for those of us who watch the sitcom "Seinfeld," was a classic episode. Jerry, Kramer, and Neumann were joined by former New York Met star Keith Hernandez in a play on the Kennedy assassination.

Someone had spit outside Shea Stadium, and the cast was trying to determine if there was "one" spitter, the trajectory of the spit, etc. It seemed funny at the time to me and millions of other "Seinfeld" and baseball fans. The absurdity of someone spitting on another person purposely was brought to light, and laughed at profusely.

In an odd twist of fate, this familiar scene was reenacted not by actors on a television show, but in a major league baseball game. For those who have not heard the already infamous tale of Roberto Alomar and his stream of saliva, here it is (or maybe I should be utterly frightened by the fact you don't know this story):

Alomar was upset by a called third strike on himself by the plate umpire, John Hirschbeck, and proceeded to yell profanity in Hirschbeck's direction. These kind words of encouragement for his umpiring skills were followed by an abrupt spewing of spit into the face of Hirschbeck. Alomar was ejected from the game.

Now here is where the story gets interesting: Alomar would surely be fined by the league for spitting, and was, and would serve the suspension the following season, since the regular season was almost over.

Do the crime, serve the time, end of story.

Not exactly.

He proceeded to let reporters know the next day that he felt Hirschbeck had changed since the death of his 8-year-old son, who had earlier passed away from a rare form of cancer.

Now Alomar has created quite an uproar, prompting our society to respond in a negative way towards his behavior. Television, radio talk shows, and newspapers alike are giving the scuttlebutt on how baseball should handle this situation.

What happened to the dignity of baseball?

It was lost somewhere in the shuffle of the cards. Somewhere between Pete Rose being banned from baseball (wrongly, I might add), between players worrying more about their individual performances rather than the good of the team, between the strikes that have halted baseball altogether.

SEAN GUILFOYLE

Columnist

Yet season after season we hear that not enough fans are attending games, so teams are "forced" to relocate to new cities, or raise ticket prices to make up for their financial loss.

I wonder why there aren't enough fans!

Maybe this situation should be a wake-up call to baseball. There have been plenty, but this one might have shaken the pot enough to cause some changes.

A good start would be to get a commissioner. Bud Selig, the owner of the Milwaukee Brewers, has been interim commissioner for too long. How many years does it take to find someone qualified to handle the job? Not since Peter Ueberroth has baseball been America's pastime. That sort of feeling needs to be injected back into the game.

Get rid of the unions altogether. The unions are running the game, but at the same time they are ruining it as well. The player's union feels shunned by the owners, the owners feel shunned by the players. The incessant bickering between the two groups has caused a gap between the real reason the players are there in the first place: the fans.

The last baseball strike opened many wounds in the gap. Frankly, I didn't think it would heal. Slowly, time has tried to fix baseball's problems, only to be hit with another. Let baseball select a competent, able person (like Tommy Lasorda) to head the office of the commissioner. Let's take away some of the power the unions possess. The game is never going to be the same, but let us strive to make baseball what it once was -- just a game.

As for Roberto Alomar, the only honorable thing for him to do would be to serve his suspension immediately. He has damaged the integrity of the game and needs to pay for his wrongdoing. He shouldn't have to be asked to do it, he should simply set aside the union bickering and accept it.

Like a baseball player. Like a man. Like a human being.

I still haven't given up on baseball. I am a huge New York Yankees fan, so maybe I'm not objective in asking Alomar to serve his suspension immediately. The Orioles play the first two games of the American League championship series in New York, where the fans are as lively and rambunctious as ever. I hope they do not take their frustrations out on Alomar by throwing items on the field at him. I would specifically not like to see the Bronx diehards attempt something as dehumanizing as spitting on Roberto. I wouldn't wish that upon anyone.

<http://www.gateway.unomaha.edu>

Opinions & Editorials

'What's Up with Today's Talk Shows?'

It is 4 p.m. What talk show are you watching?

Do not consider this a silly question, because more people are tuning into talk shows and tuning out soap operas and game shows. In recent years, their ratings have soared beyond many producers' expectations.

Traditional game shows are almost extinct. You can actually count the number of game shows on one hand. Soap operas still catch one's attention, but the daytime audience is looking for real-life scandals. People thrive on those who are less fortunate and whose lives appear to be worthless. Needless to say, talk shows are saturating daytime and late night television.

Throughout the day, a variety of talk shows can be seen on all networks. You can begin the day watching "Sally" and end the day with "Oprah." Only in the United States of America can a person watch talk shows early in the morning into the wee hours of the night. Yes, a few talk shows come on in the early morning hours. I guess the networks do not want to discriminate against those who work the graveyard shift.

I am not going to deny that I watch talk shows. In fact, I find them quite entertaining. The hosts, guests, and audience contribute to the circus atmosphere. The hosts are self-proclaimed psychologists whose job is to learn about the guests' predicaments and solve their problems.

Hosts love to reveal surprise guests. These guests tend to unveil the so-called hidden truth. Quite often, the hosts dig for more dirt and initiate arguments between the guests. More dirt equals higher ratings.

I continuously ask myself the same question day after day: how can anyone allow themselves to be demeaned on national television? Guests play a major role in the show. Without the guests' outlandish problems, trash television would not exist. Their lives are like an open book, waiting for someone to read the next chapter.

I believe that there are personal and family issues that should remain between families. A guest gets an hour of fame, but it takes a lifetime to mend broken family ties. Many guests do not take the other guest's feelings into consideration. Therefore, this selfish action leads to conflicts. One talk show is feeling the repercussions of a humiliated guest.

The guest, Jonathan Schmitz, appeared on "Jenny Jones." The show's topic was about secret admirers. Things were running smoothly until the show revealed the guest's secret admirer. His admirer was a man.

The guest tried to regain his composure, but could not conceal his embarrassment. Shortly after the show's taping, the broken man fatally wounded his admirer. Naturally, the show is not taking responsibility for the actions of Jonathan Schmitz.

I believe that the show is somewhat at fault. They should have investigated the situation a little further and found out Schmitz's sexual preference. Obviously, the show's producers failed to do so. Now a man has lost his life for the sake of

entertainment.

This unfortunate incident has initiated many talk shows to enforce screening policies. For example, both parties are aware of the topic and have mutually agreed to appear on the show. Surprise guests and ungrounded allegations are forbidden.

A few shows insist that any potential guest must sign a contract confirming that they have never appeared on another talk show. Although most talk shows investigate guests and their stories, some are overlooked.

Recently, investigators learned that Jeremy Sheets, a suspect in the murder of Omaha Kenyatta, appeared on "Rolonda." The show entitled, "Mom Sleeps with Son's Friend," aired in January 1995. At the time of the show, no one knew of Sheets' alleged involvement in Ms. Bush's tragic death. During the show, Sheets' family and friends voiced their concerns about his violent temper and his disrespect toward women. The guests were trying to help him come to terms with his behavior. Their words fell on deaf ears. Only time will tell how his appearance is going to affect the trial.

Talk shows are attracting people from all walks of life. Their outlandish topics and creative formats are magnetic. One cannot help being drawn to the show and its hosts.

This attraction can be positive and negative. People may learn something from a particular show. Or viewers may believe that certain guests are typical of society and develop stereotypes. Regardless, talk shows need to consider their audience and develop informative topics. Such topics that do not portray their guests in a negative light.

'Plaza Design Not Handicap-Friendly'

Dear Editor:

Now that we have had the grand opening of the Student Center, I would like to discuss a serious problem with the new cement landscaping. I am a handicapped student that does not need a wheelchair to maneuver around in my daily life. Because I am disabled, though, I am cognizant of the needs of my wheelchair-bound classmates.

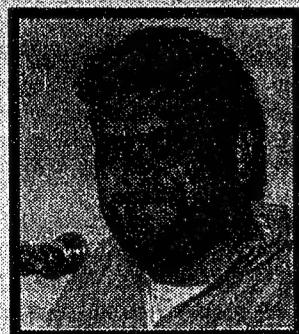
We now have a beautiful fountain in addition to all the surrounding step structures, but what concerns me is the placement of the handicap ramp and the fountain. I have interviewed several handicapped people about the danger they may face in inclement weather as they try to maneuver this ramp. Their concerns are that they may not be able to slow down successfully to make the turn on their descent from the slope and the 5-inch incline of the base structure of the fountain. Their reaction is that it would have been a lot more intelligent to have placed the fountain further out of reach from the handicap ramp.

After so much money has been spent on both of these projects and the likelihood that the handicap ramp passed the Disabilities act guidelines, maybe there is one more step that the University could take so that the disabled can truly have a barrier-free campus. My suggestion is that the same type of skid tracts that is used on the highways to indicate a stop ahead or that your vehicle is going out of the road boundaries be placed on the lower ramp so that it gives better traction for the wheel chair to be able to be

--see Letters, page 7--



"Has computer technology brought any harm to society?"



Bob Fulkerson
Computer science
instructor

"No. What was not possible just three years ago was international, global communication. Now, you can meet people you never would have. Wonderful!"



Scott Buchan
Senior philosophy major

"I wish I could close my eyes, or buy some sort of thing, or steal some cheese -- whatever my answer is, it's subject to change. What's the question? Yes!"



Jeff Hughes
Graduate psychology
student

"Yes it has. It has made society colder and more impersonal. We can't afford to forget that people matter more than numbers."



Ben McClintic
Hare Krishna

"It's being misused. If used correctly, it can be beneficial."

The Great Book Debate: One Man Returns to the Frontlines

BY JILL KIRK
CPS

Thirty years after entering Columbia University, David Denby decided to take the same classes he took as a freshman.

But what inspired a 48-year-old man, with a wife, two kids and a crazed career schedule to return to his alma mater to retake the courses in Western classics he first took in 1961?

In short, Aristotle, Shakespeare, Virgil and Rousseau.

After spending several years observing from the sidelines the culture debates on college campuses, Denby, a prominent New York film critic, wanted to see for himself how relevant are the Western classics in the

multicultural United States.

For the past decade, a debate has been raging on many campuses: What role should the Western classics play in the educating today's students? Should groups formerly without much power—women, as well as minorities—be asked to read through a curriculum dominated by works of Dead White European Males?

Denby decided the best way to sort out these questions was to go to the front lines, the classroom, and read. "What was the actual experience of reading such books?" Denby said. "What did one get out them? What pleasure, what anger, what excitement

and anguish? Most of all, what was in them? How could they cause such rage in women, African-Americans, radical academics, and such complacent triumphalism in conservative male politicians? What were we talking about here?"

Denby spent a year at Columbia, retaking Literature Humanities and Contemporary Civilizations. The result is his new book, "Great Books, My Adventures With Homer, Rousseau, Woolf, and Other Indestructible Writers of the Western World."

Though Denby said he came to enjoy his two semesters immersed in intensive reading, at first he found it a difficult adjustment. In his everyday course of reading to be informed, rather than be educated, Denby realized he was losing his ability to really read. He had lost the skill as well as the interest to savor the written word, to relish the companionship between reader and book. In addition, the furious flow and instantaneous access of news and popular culture from TV, movies, music and computer screens was not only numbing him but rendering him "inadequate," he said.

"I no longer knew what I knew. I felt that what I had read or understood was slipping away," Denby said. "I possessed information without knowledge, opinions without principles, instincts without beliefs."

Denby said he also was hesitant to rejoin the ranks of 18 year olds, somewhat put off by the high level of stamina found in younger students, particularly when faced with the daunting task of reading hundreds of pages every week. Pulling all-nighters was something he and his peers now did with insomniac babies, not Homer or Virgil. But this re-

ality and his other experiences he viewed as assets, and Denby said he looked forward to bringing his own maturity to books he had read 30 years ago.

As an undergraduate at Columbia University in the mid-1960s, Literary Humanities or Lit Hum, and Contemporary Civilization, known as C.C. were part of Denby's required core-curriculum and are still mandatory for Columbia undergraduates. The list of required reading has changed, though not enough to satisfy many who believe the "Great Books" do not address the ethnicity of the student population. Jane Austen and Virginia Woolf have been added, but books such as "Paradise Lost" have been taken away.

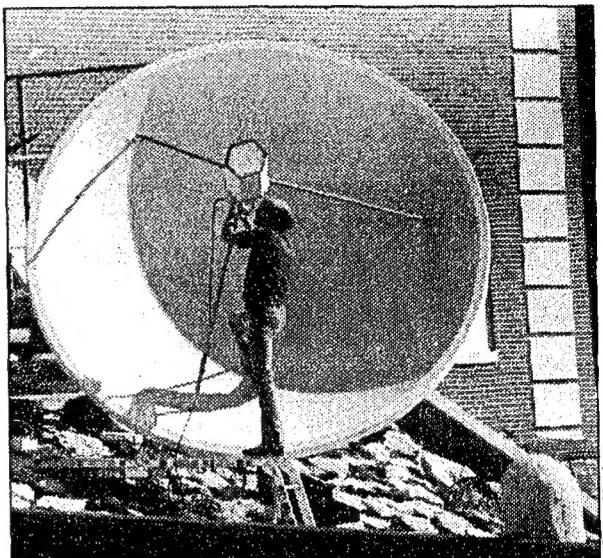
The debate isn't exclusive to Columbia University. A recent nationwide survey by the Higher Research Institute at the University of California at Los Angeles found that only 28 percent of the nearly 34,000 professors surveyed called the classic works of Western civilization "essential" or "very important" to the education of undergraduates.

Even at Columbia, where the classics are required reading among first-year students, the texts are not taught as canon. "We teach them in a different way than we did 15 years ago," said Columbia University professor J.W. Smit. "Now we bring out the inconsistencies, the silences."

But Denby is fully supportive of Columbia's curriculum, terming it "superb."

"Men and women educated in the Western tradition will have the best shot at the daunting task of reinventing morality and community in a republic now badly tattered by fear and mistrust," he said. "These books ... speak most powerfully of what a human being can be."

Tuning in...



Frank Vacek, an engineer with UNO TV, works on upgrading a satellite outside the Engineering Building last Tuesday.

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Disability Awareness Month Promotes Year-Long Understanding

By KARA SCHWEISS

October is Disabilities Awareness Month, but for 45 million disabled Americans, gaining equal access, acceptance, and understanding is a year-round endeavor.

Physical accessibility is the first need which must be addressed to facilitate this process.

"The passage of the Americans with Disabilities Act (ADA) was an excellent thing. It's our civil rights legislation for the disabled," Chairman of the Omaha Mayor's Commission for Citizens with Disabilities Jim Ross said. "Now we have the best of both worlds."

The ADA, enacted in 1992, enforces equal access in the private sector to housing, transportation, and employment. This legislation enhanced the 1973 act which required government agencies to make their buildings accessible to individuals with mobility impairment.

"The nice part about the ADA is that it used to be like pulling teeth to get something done," Ross said, referring to the private sector's progress in making facilities accessible to the disabled. "Now they call us and ask us how to go about it."

UNO's Network for disABLED Students has served as an advocate in accessibility issues such as availability of parking. According to Student Director Marcia Lively, the agency is currently researching whether designated handicapped parking meets the students' needs.

The preliminary research shows that over 200 students are registered with handicapped parking permits, and others with state permits are not listed with campus security. This need may exceed the availability of spaces, especially near certain buildings. Lively said that the agency is already trying to have installed handicapped parking closer to the Milo Bail Student Center.

"There is a need for a handicapped space by the meters. I don't care if we have to plug the meters or not as long as it's successful," she said.

Lively also said that the distance of the closest available spaces

--from Letters, page 5--

stopped of controlled with greater ease. An alternative would be to adhere some type of traction strips to the pavement at intervals down the slope. Not all wheelchair-bound individuals have mastered the operations of their vehicle as well as is required to handle this barrier and the best handlers may be having difficulties at certain times.

Bonnie E. Rodgers
UNO Student

'Thanks, SPO'

Dear Editor:

I would like to take this opportunity to thank the Student Programming Organization. They did an outstanding job with homecoming this last week. From the hayrack ride to the homecoming dance the night before the game, all of the events were a success. There are too many individuals in SPO to thank them all in this letter.

I believe the reason that UNO's student body had one of the biggest crowds in memory is, of course, due to two things: 1. A winning football team always has an effect on attendance at

games. 2. SPO gave the students the tools for building the excitement in the entire week of homecoming to build up during the week. I sincerely thank the students for their attendance at the game.

I sincerely appreciate the effort that has been put forth by SPO, especially this fall. As students, we can use the tools that SPO offers to move the University into the 21st century with flying colors. This continued effort by both students and staff is a huge step in a positive direction and will help the UNO student now and in the future.

William Wade (Wally) Waller
"Simply a Student"

to some of the campus buildings take "three times as long" to get to for someone in a wheelchair.

"It's a hassle. It's just one more hassle that the handicapped student has to deal with," she said.

The disabled community seeks more than just improved

high schools to provide classroom and community speakers, and will work with anyone who wants more information on issues concerning the disabled.

The agency's name was changed last year to emphasize that it serves as a network for the various niches within the disabled community, much as the word "disabled" is in wider general use than the word "handicapped" to refer to the variety of physical and developmental challenges that exist.

The general public needs to see beyond an individual's limitations, Lively said.

"I see people trying too hard to be politically correct. Get to know the person and just listen to how they deal with their handicap. It depends on that person's attitude about themselves and about their disability," she said.

Lively also said that NDS strives to serve the unique needs of each individual.

"They (the general public) are still looking at the disabilities before the individuals. In my office, the disability is second place. The person is always, always first. I don't care if you have a disability or not when you walk in my office. This is a resource area; this is a service area. I do care that you are a student who might need my service," she said. "My job is to help the student adapt to the college environment."

Both Lively and Ross said that they feel it is important for members of the general community to treat disabled persons as equals.

"They are as normal as you or I," Ross said.

"We are just like you, except that we just have to sometimes do things differently," Lively said.

NDS is sponsoring or co-sponsoring events throughout October to acknowledge Disabilities Awareness Month, including upcoming messages on October 21, a "Chat with Dr. Ruth" (seminar with Dr. Ruth Hanon of Student Health Services) on October 22, and the Halloween party on October 31.

Ross said that his organization chose to do nothing special to promote disabilities awareness in October.

"I myself don't like to single out the month. We consider it a daily event."

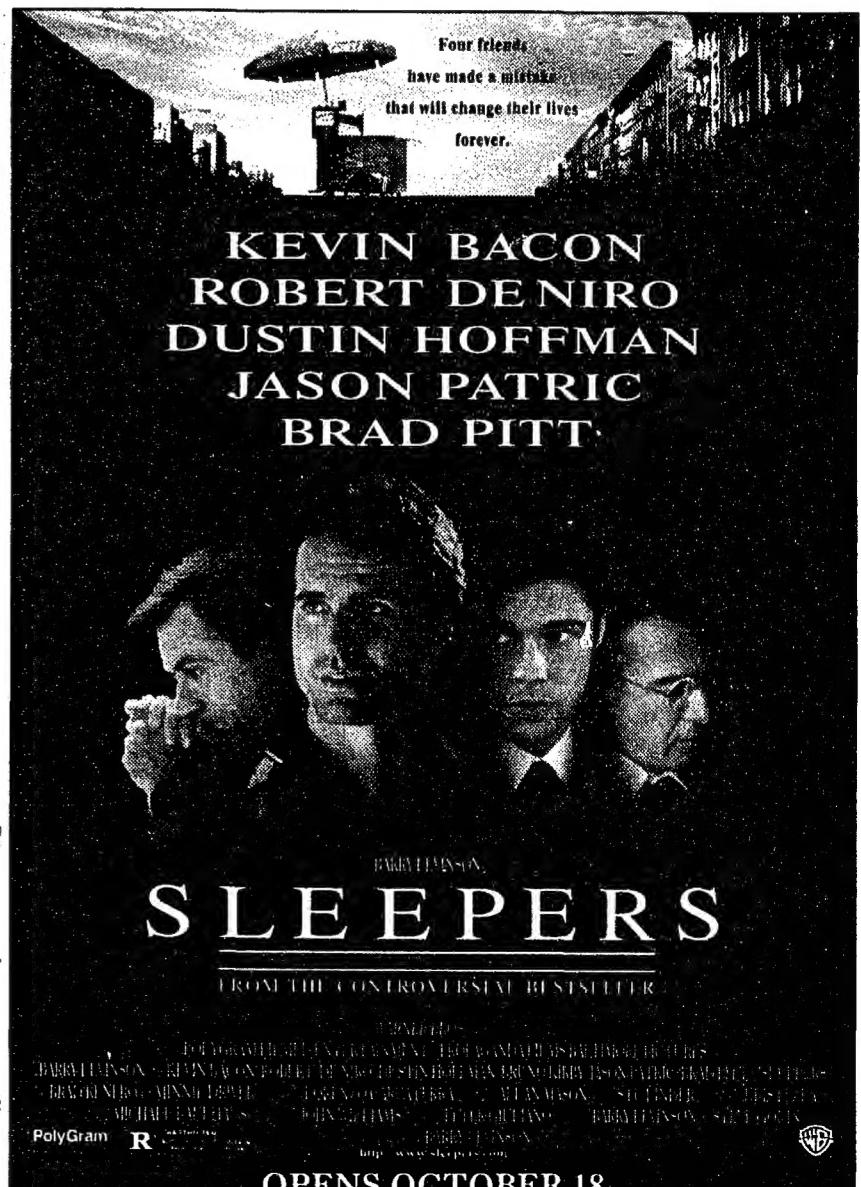
"...the disability is second place. The person is always, always first. I don't care if you have a disability or not when you walk in my office..."

physical access, Ross said.

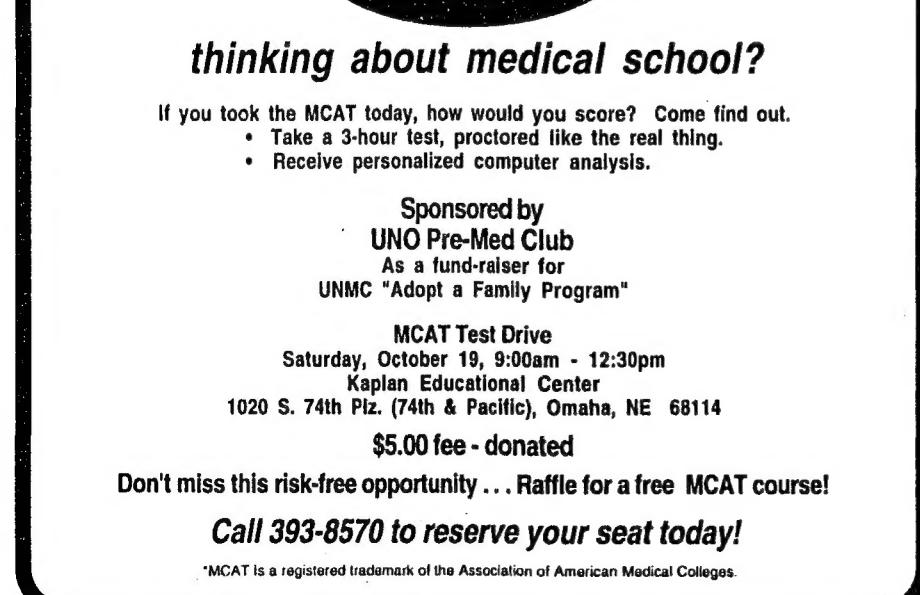
"I'd like to thank the people for accepting ADA and moving ahead with it. They are adapting to provide us with a barrier-free environment, but barrier-free is not just physical," Ross said.

Communication is vital in helping the population at large become more accepting of disabled individuals. NDS provides services and referrals for disabled students, but Lively said that the agency also reaches out to the community.

They are in the process of developing a mentor program with



A movie poster for the film "Sleepers". The top half features a black and white photograph of four men: Kevin Bacon, Robert De Niro, Dustin Hoffman, and Jason Patric. Above them, text reads: "Four friends have made a mistake that will change their lives forever." Below the photo, the names of the actors are listed: KEVIN BACON, ROBERT DE NIRO, DUSTIN HOFFMAN, JASON PATRIC, BRAD PITT. The bottom half contains the title "SLEEPERS" in large letters, followed by "FROM THE CONTROVERSIAL BESTSELLER" and a brief synopsis: "A powerful and emotional drama about four brothers who return home after 20 years to find their world has changed forever. BARRY HELMIS, RICHARD GERE, ROBERT DE NIRO, DUSTIN HOFFMAN, MICHAEL ERICKSON, JOSEPH LIEBERMAN, BRIAN HARRISON, STEPHEN R. POLK, POLYGRAM FILM CORPORATION, 1996". The poster also includes the rating "R" and the website "http://www.sleepers.com".



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Child Care Center Mixes Tradition with Innovation

By RENEE NOVY

One of the best-kept secrets on the UNO campus is the Child Care Center, tucked in the northwestern corner of campus near the UNO Alumni Center and the UNO Auto Pool.

When you walk inside the door, the sounds of children laughing and playing in the courtyard just behind the building float up to mix haphazardly with the smells of lunch, crayons and the roll-away mats upon which the children will soon take their naps.

Another unintentional secret is the level of quality care achieved every day within and just outside the walls of the center.

An efficient operation directed by Ellen Freeman-Wakefield, the UNO Child Care Center won the coveted position as the first child care center in the state to become accredited by the National Association for the Education of Young Children (NAEYC).

"We've received two grants in the past year," Freeman-Wakefield said.

The first of these grants is HALO — Healthy Alternatives for Little Ones. The goal of this grant is to teach children how to have positive self-esteem, how to avoid alcohol and drugs as they grow older, and how to deal with stress in their lives. The second grant, Getting Along Interactively, is a CD-ROM program that teaches children social skills and how to interact with others while also teaching them how to deal with computer technology.

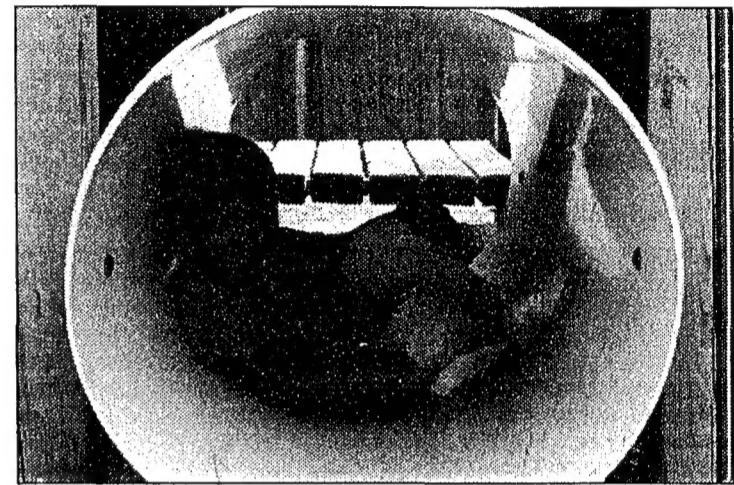
All staff members are CPR- and First Aid-trained, and recertified every year. Staff members also participate in a program called Safe Care for Kids, which teaches them appropriate ways for dealing with children in all sorts of circumstances.

Staff members are specifically selected according to their training and experience in working with children. Lead teachers must have either bachelor's or associate degrees. Teacher's as-

children between the ages of 1 and 5, you'd be surprised how resilient children become, how easily they'll handle problems in the future if they have the basic tools they need," Kurz said.

"Child care is not just taking care of kids, keeping them out of harm's way," Kurz added.

"If you think about it, a child sleeps about 10 hours a night. So for the rest of the day — for that other 14 hours, eight of those hours are spent here in a good many cases. This is a huge part of a child's life. Just by being here, guiding the children, instead of just throwing down a bunch of toys and telling them



Sara Atwater takes a break in the shade, relaxing in the playground at the Child Care Center.

to occupy themselves for the next eight hours, it's incredible the difference we make," Kurz said.

In addition to being an outstanding child care provider, the 23-year-old works with the Brigit St. Brigit Theatre Company as an actor and director.

"I've won awards for my acting through the years, but none of those awards ever felt as good as [the Outstanding Child Care Award], because this award is totally based on me. With acting, half of what you do comes from the director. I don't have that luxury here."

"Parents actually nominate you for this award. It's nice to know that the parents here appreciate what I'm doing here," Kurz said.

"I talked to one of the parents after I won the award. [The parent] said they always saw me down on the ground with the children, at their level, playing with them, talking to them. I have no more jeans without holes in them," Kurz laughed.

"I'm so incredibly focused on the kids when I come here that other teachers have sometimes thought I'm not very friendly because I don't sit down and talk with them. If I hear a child cry on the other end of the playground, I'm there, looking for what the problem is, seeing if I can help."

"The kids talk about you [as a child care provider] to their parents when they get home. You can begin to see how you can become such a big part of their lives and how important it is to be there," Kurz said.

"Because of this, these parents give us their trust. That's a huge feeling of pride we have here about this child care center. The parents that bring their children here don't just do it because they have to go to class, they actually bring their children here because they trust us, they know we're doing something good for their children."

One of the most visible activities the children get to take part in is the annual costume parade.

"If the weather is nice, we'll visit virtually every office on campus, otherwise we just bring the children to the Student Center. It's almost as if the faculty are more disappointed than the children if the weather is bad," Freeman-Wakefield remarked.

"By the time we return, the children have collected a tremendous amount of goodies, and usually wind up one way or another with a sugar-high that lasts at least for the next 24 hours," she chuckled.

The center maintains an open-door policy, encouraging parents to join their children for lunch, to take part in learning activities and generally to check up on how things are going between classes.

Yet few student-parents know the Child Care Center is available.

"We are here," Freeman-Wakefield said. "We have a very good program, and we provide an invaluable service to this university. The buzzwords on campus at the moment are recruitment and retention — we can help with that. When you're working with non-traditional students, one of the things they need is quality child care. These students need to know that their children are safe," Freeman-Wakefield said.

"The most important thing here is the children," she added.

Waifs Just as Unhealthy as the Overweight

BY REBECCA HAMMOND

As nutrition and fitness play bigger roles in the lives of Americans, the health problems associated with being overweight tend to take center stage, while the risks of being underweight tend to go unnoticed. Being thin or even underweight is generally considered healthier by our society.

"In terms of weight, most people tend to think in terms of social acceptance rather than health benefits," said Kaye Stanek, Ph.D., a registered dietitian and associate professor of nutritional science and dietetics at UNO.

While it is unhealthy to be overweight, being too thin also causes some health risks. Being underweight can cause hormone imbalances in both men and women, menstrual irregularities and infertility, said Janet Barger-Lux, a senior research associate at Creighton University. People who are underweight are also more likely to suffer from certain vitamin deficiencies because usually the lower weight is maintained with restrictive eating.

"Being underweight is more common in women because society tells women to be skinny," Barger-Lux said. "Being underweight poses more threats to women's health than to men's."

Women are at more health risks because

maintaining a body weight that is too low causes disruptions in the production of estrogen, the female sex hormone, Barger-Lux said. A woman's ovaries need a certain level of body fat to function normally. When a woman loses too much fat, her menstrual periods may lighten or stop completely; or it may become harder for her to conceive and the texture of her skin may change.

Men who are too thin might notice a change in beard, skin texture and a loss of interest in sex because production of testosterone, the male sex hormone, is disrupted.

Underweight men and women are at more risk to develop osteoporosis later in life because the sex hormones help maintain bone density, Barger-Lux said.

Maintaining a weight that is too low can also lessen disease resistance and increase recovery time from illness and surgery, Stanek said.

The differences between a healthy weight and an unhealthy weight are not easy to distinguish in the mirror or on the bathroom scale. The best way to determine a healthy weight for yourself is to determine your body mass index (BMI), Barger-Lux said.

--see Weight, page 10--

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Frances Rauscher earned a degree in cello performance from Juilliard as well as a doctorate in research psychology from Columbia University and was a Gerard Research Fellow at the Center for the Neurobiology of Learning and Memory at the University of California at Irvine until 1995. Dr. Rauscher is currently an assistant professor of psychology at the University of Wisconsin, Oshkosh.

Featured segments of the *Today Show*, *Dateline NBC* and *Newsweek* magazine focused national attention on psychologist Frances Rauscher, and her work with pre-schoolers. After eight months of music listening and singing activities, the children in her research study "dramatically improved in spatial reasoning, as shown in their ability to work mazes, draw geometric figures, and copy patterns of two color blocks" as compared with children given no musical training. The implications of her research make this lecture important for parents, arts educators, and early childhood specialists.

This lecture is free of charge and the general public is invited to attend.
For information please call 554-3427.

Cats won't solve the problem

Mice in Homes: Unwanted Pests

BY KARA SCHWEISS

Mickey and Minnie Mouse may be charming enough to decorate the baby's room, but having real mice in the house is anything but cute.

"They contaminate everything they come into contact with," said Bruce Dart, manager of sanitation with the Douglas County Health Department.

According to Dart, mice are able to transmit airborne bacteria and viruses through their urine and droppings or by contacting food items they forage through, which makes them a potential health hazard.

Joann Lefevre with the pest control company Century Certified Service said most mice are less than 3 inches in length (not including the tail), and are brownish-gray. Many homeowners never actually see the mice, but recognize a rodent problem when they notice a trail of urine stains and droppings along the floor or chew marks through containers of food.

"A mouse can get into an opening a quarter of an inch or larger," Dart said. "If a pen can get through, a mouse can squeeze through."

A mouse will stay in the house because food, water, and shelter are easily accessible. Once in, mice multiply and become more difficult to eliminate as their population increases.

"They're pretty darn good little breeders," Dart said.

Both Dart and Lefevre recommend that homeowners act quickly to eliminate the pests.

"Number one, close off any potential access points. Number two,

remove any food and water sources. Third, lay traps against the walls where they make their trails," Dart said.

Dart said mice have a tendency to develop repetitive routes to food and water sources. These paths are identified by the droppings most mice leave, and baited traps should be placed along these trails. Mice find peanut butter to be a particularly attractive lure, but many foods are also effective.

Spring traps can be purchased easily, and are the most inexpensive and convenient option if an individual wants to eliminate a few mice. If individual traps are ineffective, or if the mouse colony is particularly large, it might be necessary to call a professional pest control service.

"Some people can not stand even one mouse, but most call us when they haven't been able to control the problem," Lefevre said.

Most traps are designed to capture and kill mice, but "live" traps, which do not harm mice, are also available. "The owner can choose what to do with the mice once they're trapped," Lefevre said.

"Our goal is to just get them the heck out of the house," Dart said.

Some cat owners feel that a feline presence will prevent mice from entering their home, but Lefevre said this may not be true. House cats are usually too well-fed to take much of an interest in mice as food, she said. Cats may deter mice from entering their territory, but they seldom control an existing population.

"Cats don't actually chase mice to eat them, they chase them to play. If they kill them, it's an accident," she said.

Dart said he may recommend using poison if a mouse problem is confined outdoors, but he cautions using poison to control a mouse problem inside because the mice usually do not die at the location of the bait. "They tend to die in inaccessible places, like the inside of a wall. The smell will drive you away."

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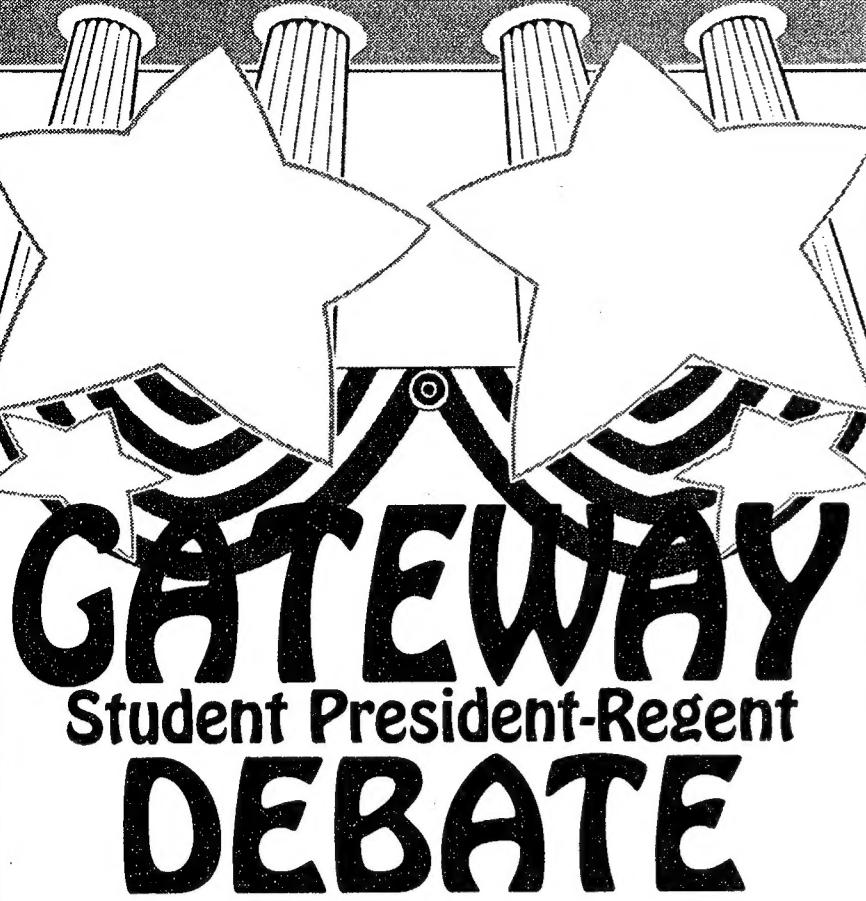
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Seasonal Changes Affect More than the Weather

By SAVONDA JOHNSON

Have you withdrawn from friends and social activities altogether? Do you feel tired and sleepy? Do you crave sweet and starchy foods? If you answered yes to any of these questions you may be experiencing Seasonal Affect Disorder (SAD).

Jeannie Curtis, a Licensed Mental Health Professional at the University of Nebraska Medical Center, defined SAD in a Tuesday afternoon interview. "SAD is a mood disorder caused by diminished light during the winter months. People tend to be greatly affected by SAD if there have been several cloudy days in a row, and if they work in an office with no windows."

SAD affects 10 million people in the United States and 8 percent of the Omaha population. "We do not know why some people are more affected than others," Curtis said. "Women generally tend to be more affected by the effects of SAD than men. Women 18 to 50 tend to be the biggest group affected by SAD." She said this may be due to hormonal reactions caused by the female menstrual cycle.

Curtis said SAD is different from just nor-

mal depression. "SAD is brought on gradually by seasons. It tends to come on at the end of October and leave early spring, and it tends to be severe in January and February especially in northern states that experience several cloudy days in a row. The basic key here is that the cycle matches the season," Curtis said.

SAD should not be confused with winter blues. She said winter blues generally affect everyone. It is typically the same as SAD, but people can cope with it and have fun and still be active. Winter blues affects about 25 million Americans and 10 percent of the Omaha population. Winter blues can be treated simply by going outside, and being involved in physical activities or just going out with friends.

There are measures people can take to cope with SAD. They can get phototherapy from light boxes or take anti-depressants.

"Phototherapy is the most effective and is what I would definitely recommend," said Curtis. "It is best that someone who has Seasonal Affect Disorder talk to someone trained to deal with it, and get the proper treatment."

No Woman is Immune to Battering

By RODNEY MOORHEAD

"Battering is never a woman's fault," said Susan Koppleman at Borders Cafe near 132nd and Maple Streets. She spoke at the cafe Tuesday, Oct. 2 at 7 p.m.

"There is no particular kind of woman who is more likely to be abused, every woman is equally vulnerable," said Koppleman. "Battering is never justified because the victims are never responsible for the choices batters make."

Koppleman said the social, medical, and psychological costs of battering burden everyone. "Each batterer steals valuable social resources. The cost of brutality is too great for our society to continue subsidizing(it)."

Koppleman who was abused for almost nine years has compiled a book of short stories written by battered women, *Women in the Trees*. The book contains 30 stories that span more than 150 years. Koppleman said if she had this book 35 years ago she would never have been battered.

Koppleman said she can remember the feeling of total helplessness and depression that she experienced when she was abused. She felt as if no one would help her. She had to send her son away from home to protect him from seeing what was happening. In those days, there was not a term for domestic violence. The police just classified it as assault. She had to learn how to survive alone without any help.

Koppleman said domestic abuse is not caused by drugs, environment, alcohol, or racism. There is no sure way to tell if a person is a potential abuser because abusers are a very diverse group, she said. There are only a few signs and they can be misleading. Often abusers have a controlling personality.

"Domestic abuse is a power issue. It is about who is in control," Koppleman said. "We all carry the trait of the domestic abuser. It is like being 2 years old and throwing a temper tantrum. It actually makes the abuser feel good to get out his frustrations like that. Remember how

good you felt after those temper tantrums?" Koppleman asked.

A victim of domestic abuse is easier to identify. According to Barb B. of the YWCA, who refused to give her last name, victims often have unexplained bruises or injuries. They also exhibit high levels tension or anxiety. They may also have deep signs of depression and withdraw from society.

Koppleman said the most dangerous time for an abuse victim is when she leaves. She can get protection orders from police to safeguard her from being stalked, but if he wants to kill her there is no sure way to stop an abuser. The victim might want to take some self defense courses or learn some other means of defending herself.

According to FBI statistics, a spouse or partner is abused every fifteen seconds, and the rate of abuse is growing.

Barbara Harman, who wrote the final short story for *Women in the Trees*, said it is unclear whether domestic abuse is actually increasing or if it seems so because more people are aware of it. She said there is no way of really knowing, it could be both.

Harman said pornography which portrays women as objects is on the rise and this could be influencing an increase in domestic violence. She said bad role models like Mike Tyson are also on the increase. Bad role models can portray the type of attitude such as, "If Mike Tyson can knock his wife through a wall why can't I?" said Harman.

Anyone who is a victim of domestic abuse or knows a victim of domestic abuse and wishes to seek help can contact the YWCA at 345-6555. The YWCA is also looking for male-to-male intervention counselors. Anyone wishing to help or volunteer should call the YWCA 24-hour crisis line at 345-7273. An abuser who wishes to seek help in overcoming the problem can contact the YWCA at either number.

--from Weight, page 9--

BMI is calculated by converting a person's height into meters (height in inches divided by 39.37) and weight into kilograms (weight in pounds divided by 2.2046). Then divide weight in kilograms by height in meters squared. A desirable body mass index is between 20-25. A person is considered overweight if their BMI is between 25-30 and obese if their BMI is over 30. A BMI under 20 is considered underweight.

The problem with (height and weight) charts is that they don't discriminate between

the sexes or account for body shape or age," Stanek said. "Someone who thinks they weight too much on the scale needs to have more testing to find their percent of body fat and where it is."

Bathroom scales can also be misleading because muscle and bone weigh more than fat.

Anyone who experiences sudden weight loss should see a doctor, Stanek said. Sudden weight loss can indicate a more serious health problem like a hormone imbalance, cancer, digestive tract disorders, infectious diseases, depression or excessive exercise.

Massage For Health: Aye, There's the Rub

By G-KNEE PITACK

Tension? Sore muscles? Headaches? Massage therapy has been used for thousands of years to remedy such ailments.

Although massage therapy wasn't commercially popular until the late 1920s, said Earlena Hudson, a massage therapist at the office of Dr. John Welbes, there is evidence it has existed much longer. "Hieroglyphics have been discovered picturing the use of reflexology, massage of the hands and feet," said Jeremy Leinen, licensed massage therapist and administrative assistant for the Omaha School of Massage Therapy.

A professional massage goes beyond the everyday back rub to provide many health benefits. Massage promotes blood circulation, and helps heal pulled muscles and knots by directing blood to the area, Leinen said.

Massage therapy is used to open up the sinuses, relieve headaches, and release stress and tension throughout the body, said Joanne Bates, a licensed massage therapist and a nurse at Pope Paul VI Institute. Sports injuries and arthritis are often treated, and massage can be used in combination with other types of physical therapy and other forms of medical treatment, Hudson said. Hudson and Bates agree that reflexology can have benefits similar to those of acupressure.

"By massaging the feet or hands, other parts of the body can receive benefit. Menstrual cramps can be aided by massaging certain points on the ankles," said Hudson.

Some precautions should be taken before getting a massage. "Anyone who has recently had surgery or has had a heart attack should consult a physician before receiving a massage," said Bates. People who have high blood pressure should only receive a massage with strict medical attention, said Leinen. People with varicose veins also require special attention, he said.

Massage can be beneficial for pregnant women. A massage can help relieve back pressure and increase blood circulation that is slowed by the pregnancy, said Hudson. Massage during labor can help relax the mother. Babies become accustomed to the massage therapist and move with the therapist during the massage, said Hudson.

"We offer a special table that is more comfortable for pregnant women. We can give a massage right up to the time of birth," Leinen said.

As with other types of medicine, the number of times a person should get a massage varies. Some can receive one as

often as every couple of hours, said Bates.

Hudson suggests a massage once or twice a month.

There are about fifty kinds all together, said Leinen. Common types are Swedish, for relaxation and stress relief, sports, neuromuscular, reflexology and shiatsu, a Japanese method concentrating on pressure points.

People of all ages can benefit. Elderly people can elevate rheumatic pain and muscular stiffness, Bates said.

A less-intensive form of massage can be performed at home, said Angela Eikenberry, an aromatherapy enthusiast. "Different kinds of oils can be used during a massage to heighten the senses. Peppermint and cinnamon extracts invigorate the senses while other extracts have a more calming effect," said Eikenberry. An amateur massage may have some physical and psychological benefits but it will not replace a professional massage Eikenberry said.

Eighteen months of intense medical training is required to receive a license to become a massage therapist said Bates. Most medical insurance companies will cover a visit to the massage therapist, Hudson said.



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SPORTS

UNO VOLLEYBALL

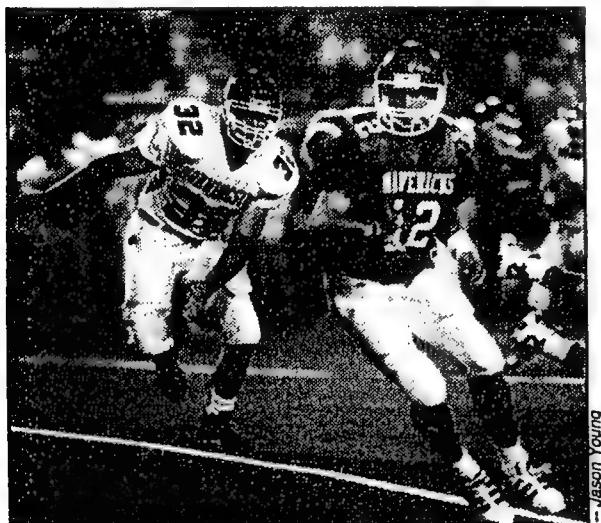
1996 Recent Results/Schedule

records: 7-0 in the NCC, 19-0 overall

This Week: The Lady Mavs travel to North Dakota and North Dakota State Friday and Saturday. UNO will face the Sioux at 6 p.m. in Grand Forks, N.D. and will face the Bison at 7 p.m. in Fargo, N.D.

NDSU is 18-2 and the No. 5 team in the country. UND is 7-15.

Last Week: The Lady Mavs ran past Augustana and South Dakota State to move to 19-0 on the season. Augustana is the No. 8 team in the country.



Ed Thompson (#12) will lead the UNO offense back to North Dakota for the second time in 14 days.

Football Team Travels North to Fight the Sioux

By TONY REINKE

The University of North Dakota, three-time defending North Central Conference champions, will host the Mavs Saturday in game that will test head coaching strategy.

Both UNO and the Fighting Sioux have a balanced attack of passing and running and both have go-to guys on the ground and through the air.

The Sioux are averaging 336 yards in total offense and allowing 300. Running back Phillip Moore has run for 554 yards on 94 carries this season and quarterback Kevin Klancher has passed for another 563.

"I haven't looked at the stats much," UNO Head Coach Pat Behrns said. "We know that they are a good program so we're going to be well prepared. We're going to have to find the match-ups that we can win in the game."

The Mavs are averaging 386 yards of offense. The ground game is led by Tyrone Tyler, Micky Koory and back-up Melvin McPhaul's 468 yards rushing. Quarterback Ed Thompson's 524 yards passing leads the team.

The Sioux are 1-2 in conference play heading into Saturday. Their losses come from Northern Colorado and South Dakota State. The Mavs are off to a 4-1 start — their best since 1989.

Last week, the Fighting Sioux took a 10-0 lead on top of South Dakota State. The Jackrabbits scored four unanswered touchdowns for the 28-23 win.

Klancher passed for 221 yards and Moore ran for 83.

Although the Mavs have not won in Grand Forks, N.D. since 1984, they have a reputation in the state. Two weeks ago, the Mavs knocked off the No. 1 team in the country, North Dakota State, in Fargo.

"It's going to be the same type of situation that it was against North Dakota State," Behrns said. "Outside the NDSU offense, the Sioux are a better team at this point in the season."

Small-Town Christyn Malone Succeeding in Big-Time NCC

By TONY REINKE

She left a small town in southwest Nebraska to come to the big city, but Christyn Malone remembered to pack the one thing that has brought her success on the 19-0 Lady Mav volleyball team — aggressiveness.

Malone is a rightside hitter from Palisade, a town of 381 people, and to go to high school she drove 30 miles to Clay Center. As a three-sport athlete at the school, Malone developed into the school's top volleyball hitter. Thoughts of playing Division II volleyball were a dream and the small publicity of sports in Clay Center made it more unreal.

"To get there you take a country road," UNO Head Coach Rose Shires said. "You have to watch out for the cows and horses crossing the street."

Shires and assistant Karen Povondra saw Malone for the first time at the 1993 State Volleyball Tournament after Clay Center finished second in class D-2 competition. Shires requested a tape of her games for a better look. What she saw was potential.

"What impressed us was how aggressive Christyn was," Shires said. "Her high school team ran a basic 4-2 offense. Whenever Christyn was in the front row, she ran the entire net. Wherever she was, that's where the set was."

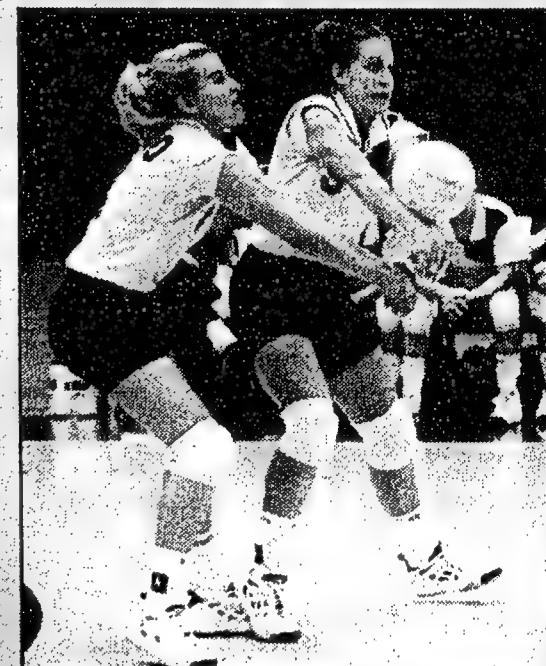
But that caused difficulties when Malone made the six-hour trip to Omaha and the big step into Division II volleyball. Clay Center Head Coach Kate Repass was more worried about Malone's attacks than a designed offense and Malone lacked experience coming into college.

"Two years ago, Christyn didn't understand the offense and didn't know how to beat situations," Shires said. "Two years later, she is the best rightside hitter in our conference, which says a lot."

Malone's inaugural season in 1994 with the Lady Mavs was the beginning of a long road of learning the game. The freshman played in only 12 matches during the season and registered 11 kills.

After the 1994 season, Shires and Lady Mav setter Amy Steffel taught a volleyball camp at Malone's former high school in Clay Center. During Shires' and Steffel's stay at the Malone ranch, they witness the farm-girl side of Malone. Shires, a native of El Paso, Texas and Steffel, who grew up close to Minneapolis, stood as spectators as Malone helped with some ranch chores. One of which included moving the bulls.

"What that entails," Shires said, "is that Malone is on a horse trying to separate 10 bulls which weigh 4,000 pounds each into separate bins. I have never seen someone with so much confidence and control the animals like she did."



Malone (right) has made big improvements from her days in Palisade, Neb. Her aggressiveness stepped on the foot of Erin Shafer.

"I was in awe after seeing her on that horse. After that experience, I told her that if she could play volleyball with that much confidence and aggressiveness that nobody would be able to stop her. She is coming into that now."

And with aggressiveness, Malone is bringing strength to the Lady Mav right side. Last year, as a sophomore, Malone had a team-high 12 kills and 16 digs in a five game upset of nationally-ranked North Florida but finished the season as an average player.

The new three-block system for Shires team has opened up more opportunities and responsibility for Malone. By speeding the passing and setting, Malone has more attacks on the right side, Shires said. The stats have reflected it.

Through the team's first 19 matches, the 5-foot-9-inch hitter ranks third on the team in kills (170), hitting percentage (.294), digs (158) and second in set assists (27).

"She has brought strength, power, aggressiveness and a great work ethic to this team," Shires said. "She knows what to do in any situation — just as she knew how to control the bulls." And now it's the NCC trying to hold Malone and the Mavericks.

What if it Comes Down to a Fieldgoal?

By TONY REINKE

If the Mavs and Sioux battle to a close finish, the fieldgoal kicking ability of each team may be the deciding factor — a factor UND's sideline can handle.

If the fieldgoal comes from the foot of UND kicker Juan Gomez-Tagle, there is an 86 percent chance of success.

The Senior from Naucalpan, Mexico is No. 3 on the Fighting Sioux's all-time field goal list and is 6-of-7 in 1996. Among the kickers on the top of the list, former Minnesota Viking Pat Beatty. Gomez-Tagle has added 10-of-10 on extra points — UNO's Paul Kosel is 13-of-19.

"Statistically we're not the favorite," UNO Head Coach Pat Behrns said. "He (Paul Kosel) was a lot better in practice this week. If the game comes down to that I'm sure he would make it and win the game."

Although Kosel is known as the most prominent kicker in Nebraska high school history, that title have been tarnished in 1996.

The sophomore from Omaha Burke, who kicked a record 55-yard fieldgoal his senior year, is 3-of-9 in the first five games.

Kosel has kicks of 40, 34 and 24 yards but has missed all six from outside 35 yards including two in the 16-15 loss to Mankato State.

"I hope the game doesn't come down to something like that," Behrns said. "Throughout the game, there are many factors that decide a win or a loss."

But none are more remembered than the last-second fieldgoal.



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Every Tuesday Morning Prayer Time:
7:00a.m. breakfast and chat, 7:30a.m. Prayer (Rosary and Scripture). Finished by 7:50a.m. Meet in the State Room, third floor of the Student Center. It's not necessary to be on time. Arrive when you can.

Catholic Reading Club

Meets every other Friday, Oct. 11, Oct. 25, Nov. 8 and Nov. 22, at 7:00a.m. UNO's Dundee Snack Room, South entrance to the Student Center, first left! Breakfast included. Drop in when you can. We will finish at 7:50a.m. We are reading about fun and serious stuff and then we talk about what we read with each other. NO TESTS ~ EASY!

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Masquerade Ball

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- * **Contest for best Costume**
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Anyone with special needs who might need assistance gaining access to UNO events should call the Office of Student Programming at 554-2623

MAVERICK FOOTBALL

UNO at North Dakota

Grand Forks, ND 2:00 p.m.

At North Dakota (Grand Forks, ND) (The Fighting Sioux are 1-8 against the Mavericks)

Last Week: UNO had a 30-second preview clip about the movie "The Chiefs vs. The Mavericks". UNO's first scoring drive Saturday would have summed it up — they just good enough.

Early in UNO's 22-9 win over the Morningide Cobras, the Mavericks lost 8 yards on three plays. That was a 30-yard fieldgoal for the 3-0 lead — a lead they held into the final.

"I'm thrilled with the wins," UNO Head Coach Pat Barnes said, "but I'm not happy with the way we've played and played."

Radio: The game will be broadcast by Jim Kalter and Jim Patrik over KOSR, 1490 AM.

The game will be carried in Sioux City, Iowa, over 1470 AM, Gary Erickson.

Maverick Two-Deep Roster for Saturday

OFFENSE

SE	1 MARTAY JENKINS (6-1, 183, Jr., Waterloo, IA)
LT	24 Adam Wright (6-1, 196, Fr., Omaha)
LG	65 BRIAN JARRETT (6-3, 285, RS/Fr., Lincoln)
LG	77 Lany Brown (6-1, 300, So., Hastings)
C	70 CHRIS BOBER (6-1, 290, RS/Fr., Omaha)
C	68 Steve Daiveau (6-1, 285, RS/Fr., Falls City)
TB	71 BOB WEGNER (6-1, 265, Jr., Omaha)
RG	59 Andy Stine (6-3, 245, RS/Fr., Gretna)
RG	63 DAN POTMESIL (6-6, 300, RS/Fr., Omaha)
FL	74 Nick Prescott (6-3, 295, Fr., Omaha)
FL	77 BRIAN DONOHOE (6-4, 241, So., W.D. Moines, IA)
CA	79 Jason Lauck (6-4, 245, RS/Fr., Lake City, IA)
TE	84 BRIAN BENJAMIN (6-0, 225, RS/Fr., Stockton, CA)
QB	88 Pete Caviglio (6-3, 240, So., Omaha)
QB	12 ED THOMPSON (6-1, 175, So., Cambridge)
TB	5 Jared Hendershot (6-2, 178, Jr., Nebraska City)
TB	33 MATT MCPHAULL (6-2, 222, So., Omaha)
FB	7 Jeff Heitzman (5-9, 185, So., Columbus, OH)
FB	4 Tyrone Tyler (5-10, 175, RS/Fr., W.D. Moines, IA)
FL	44 MICKY KOORY (6-0, 215, So., Omaha)
FL	22 Cale Good (6-1, 200, Sr., Dodge City, KS)
FL	3 JAKE YOUNG (5-9, 170, Sr., Davenport, IA)
FL	89 Yano Jones (6-2, 180, RS/Fr., Omaha)

DEFENSE

DE	43 GARY CHARLES (6-2, 215, Jr., Houston, TX)
OR	90 BRENT NABEN (6-4, 232, Jr., Central City)
DT	76 BRYON HOLSTON (5-11, 313, Sr., Eliz. City, NJ.)
N.J.	64 Warren Whitted (6-1, 235, RS/Fr., Omaha)

NJ	51 JAY WININGER (6-3, 205, So., North Platte)
DE	54 Jason Morris (6-2, 214, Jr., Omaha)
CA	86 DAMON HANSEN (6-3, 224, Sr., Los Angeles, CA)
CA	67 Hank deBoer (6-2, 240, RS/Fr., Omaha)
OMA	MIKE 49 MARCELLES WALKER (5-10, 210, So., Omaha)
OMA	31 Cedric Welch (5-11, 215, Jr., Omaha)
LB	46 JASON BARTLING (6-1, 205, So., Sidney)
LB	26 Steve Gonzalez (6-1, 215, So., Omaha)
WILL	44 DEMETRIUS RICHARDS (6-2, 205, Jr., Omaha)
WILL	8 Lamar O'Neal (6-1, 195, Sr., Omaha)
LCB	32 NATHAN TATE (5-10, 185, So., Quincy, IL)
FS	36 Brian Mead (5-10, 170, Fr., Omaha)
FS	21 Tony Krebs (5-9, 175, So., Papillion)
FS	16 BEN TITUS (6-0, 180, So., Omaha)
FS	30 Jamar Anderson (5-8, 180, Jr., Bellevue)
RCB	6 PAT DAVIS (6-10, 185, Sr., N. Lauderdale, FL)
RCB	2 Robert Brown (6-10, 170, So., N. Lauderdale, FL)
RVR	20 NATE SULLIVAN (6-1, 205, RS/Fr., Omaha)
RVR	25 Terrell Spears (6-1, 180, Fr., Brooklyn, NY)

SPECIALISTS

PK/KO	14 Paul Kosel (5-11, 170, So., Omaha)
P	17 Mike Borrall (6-1, 175, Fr., S. Sioux City, OR)
P	12 Ed Thompson (6-1, 175, So., Cambridge)
Snap	58 Chris Bober (6-5, 300, Fr., Omaha)
Snap	64 Warren Whitted (6-1, 260, RS/Fr., Omaha)
Return	1 Mar Tay Jenkins (6-1, 185, Jr., Waterloo, IA)
Return	3 Jake Young (5-9, 170, So., Davenport, IA)
Hold	6 Pat Davis (5-10, 185, Sr., N. Lauderdale, FL)
Hold	16 Ben Titus (6-0, 180, So., Omaha)

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Aug. 30	Missouri Western	W 3-1
Aug. 31	Pittsburgh State	W 3-0
Aug. 31	Truman State	W 3-0

The Barry Invite in Florida

Sept. 6	Florida Southern	W 3-1
Sept. 6	North Florida	W 3-0
Sept. 7	Barry	W 3-0
Sept. 7	Tampa	W 3-0

The NCC/North. Sun Tourney

Sept. 13	Northern State	W 3-0
	Bemidji State	W 3-0

Sept. 14	Southwest State	W 3-0
	Moorhead State	W 3-0

Sept. 20	at SOUTH DAKOTA	W 3-0
Sept. 21	at MORNINGSIDE	W 3-0

Sept. 24	at NO. COLORADO	W 3-2
Sept. 27	ST. CLOUD STATE	W 3-0

Sept. 28	MANKATO STATE	W 3-0
Oct. 4	at AUGUSTANA	W 3-0

Oct. 5	at S. DAKOTA STATE	W 3-0
Oct. 11	at NORTH DAKOTA, 6:00	

Oct. 12	at NORTH DAKOTA ST., 7:00	
Oct. 15	at Nebraska-Kearney	

(MORE...)

CAPS - North Central Conference Match

Lady Mav Starters, Non-Starters

STARTERS:

Amy Steffel #12 (5-7, Sr., Maplewood, MN, 12.93 apg, 3.00 dpg)
 Tanya Cate #4 (5-10, Jr., Yutan, NE, 3.45 kpg, 2.56 dpg)
 Kim Gerdes #9 (6-0, Jr., Denver, CO, 2.69 kpg, 1.31 dpg)
 Erin Shafer #8 (5-9, Jr., Colorado Springs, CO 3.44 kpg, 3.25 dpg)
 Christyn Malone #5 (5-9, Jr., Palisade, NE 2.83 kpg, 2.63 dpg)
 Jamie Shafer #10 (5-7, Soph., Omaha, NE 2.16 dpg, 21 aces)

RESERVES:

Cheri Pribyl #14 (5-6, Soph., Bellevue, NE)
 Chris Brink #11 (6-0, Fresh., Tracy, MN)
 Krista Niezwaga #15 (5-10, Fresh., Charles City, IA)
 Christy Fossum #6 (5-9, Soph., Foley, MN)
 Korinne Boltin #7 (5-10, Fresh., Omaha, NE)

Sidelines

Three to be Inducted into UNO Hall of Fame

Three former all-Americans will be inducted into the UNO Athletic Hall of Fame on November 6 at the 21st annual banquet at the Holiday Inn Convention Center.

Football all-American Harlan Aden, two-time basketball all-American Laura J. Anderson Gibbons and four time wrestling all-American R.J. Nebe will be honored and inducted at the event.

Cross Country Team No. 19

The UNO cross country team is No. 19 of all Division II schools according to the latest polls. The squad is ranked No. 4 in the Midwest.

Tim Hendrick's team will have the weekend off before competing at the Mount Mary Invite in Yankton, S.D. on Oct. 19.

Biking Squad Runs over NCC

The UNO biking squad won the North Central Conference mountain bike racing championship. The UNO team hosted the event at Hitchcock Nature Trails on Oct. 5.

Ed Micek won the category A race for the men (the highest ranking race in college competition) and Julie Buse won the women's open race.

Kent McNeill finished in second place in the category A race as well.

The competition included the University of Kansas, Kansas State, Missouri at Kansas City, North Dakota State and Iowa State.

The UNO squad will send six riders to Carrollton, Ken. for Nationals on Oct. 19.

Steffel Named Top Neb. Volleyball Player

After guiding the Lady May volleyball team to a No. 2 ranking and a 19-0 record, setter Amy Steffel was awarded the Nebraska NCAA Division II Volleyball Player of the Week.

Steffel, the Gateway's September Lady Mav of the Month, registered 40 assists and 13 digs in a win over No. 8 Augustana. She has a hitting percentage of .444 for the week as the Lady Mavs have won their past 22 games.

Volleyball Team Remains No. 2

UNO's 19-0 volleyball squad, the only undefeated team in the country, remains No. 2 behind Central Missouri State who is 21-1.

Here are the rankings including the NCC teams in bold:

1. Central Missouri State	21-1
2. UNO	19-0
3. Cal State Bakersfield	15-2
4. Northern Michigan	14-3
5. North Dakota State	18-2
8. Augustana	19-2
10. St. Cloud State	13-6
14. Morningside	12-5
20. Mankato State	10-5
22. Northern Colorado	10-11

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 delivering the Gateway on Tuesdays
 & Fridays to campus, Med Center &
 Peter Kiewit Conference Center.

DO YOU:

- * Have 2 hours on Tuesday & Friday mornings between 6-8a.m.?
- * Have a car which can handle a load of papers?

ARE YOU:

- * Reliable?

Call Carol Buffington at 554-2471 or
 Stop by MBSC 115.

IMMEDIATE OPENING

--from Workplace, page 2--

Graduates of the program have been placed in business and academic employment. Two international IOP graduates are working in Thailand and Korea.

Graduates are employed nationwide with such companies as HRStrategies, United Airlines, BellSouth and with local companies such as Organizational Effectiveness Consultants, Immanuel Medical Center, and the University of Nebraska Medical Center.

Students interested in applying for the program should have at least the equivalent of a minor in psychology, although related majors may be considered with an adequate background in research and related topics.

Undergraduate students interested in this program who are not psychology majors are encouraged to enroll in PSYCH 3620, Industrial/Organizational Psychology for a basic overview of the topics involved. This course has PSYCH 1010 as a prerequisite, which may be waived by permission of the instructor.

Reiter-Palmon said that all students would benefit from taking this course. The issues discussed are the ones that will effect everyone in their workplace.

For more information on the graduate IOP program, call 554-2592 or visit their web site at psych@unomaha.edu <http://cmi.unomaha.edu/iopsych/iopsych.html>. Information on the SIOP national organization is available on the web at cmi.unomaha.edu/TIP/TIP.html. This website was designed by UNO's Craiger and features current information.

On the lighter side...

SPEED BUMP

Dave Coverly



UNIVERSITY² by Frank Cho



KENNY G TAKES THE ELEVATOR

Campus recreation

Intramural Scores FOR THE WEEK OF SEPTEMBER 30 THROUGH OCTOBER 6

7-on-7

FLAG FOOTBALL

Fraternity "A" League	
Theta Chi vs Lambda Chi	20-0
Pikes vs TKE	7-0
Vets vs SigEp	12-0
Fraternity "B" League	
Pike Pledges vs Road Kill	12-7
Feit vs Sheepherders	19-6
House of Pain vs Pike "Z"	7-2
"A" League "Green Pool"	
Florida State vs Cranius	0-0
Grab Deez vs Phelta Thi	0-0
M2 vs East Husker	26-19
"A" League "Red Pool"	
Madden vs Rookies	27-0
K-Mart vs Free Agents	32-6
Dawgs vs Speed	0-0
"B" League	
Fire & Forget vs Blackshirts	0-0
All Defense vs Boose	0-0
ALAS vs Wags and Women	21-0

TENNIS

Green Pool

Jaworski vs Cervantes
Palmesano vs Gifford

3-0

Yellow Pool

Shin vs Williams
Kassal vs Carlyle

3-0

Red Pool

Kazor vs Livingston
Heldrung vs Williams

3-0

2-0

3x3 BASKETBALL

"A" League

Voc Raiders vs LBK Crew
Joint Brothers vs Razorbacks
The Squad vs Mulcahy

21-19

21-15

21-14

"B" League

Hoops vs Ostlund
Critser vs The Nips
Trial Sized vs Grants Team

0-0

21-12

0-0

4x4 SAND VOLLEYBALL

Co-Rec League "Green Pool"

Spikers vs Beach Bums
Yakuza vs SAB

0-0

Players vs Hanson

0-0

Co-Rec League "Red Pool"

Beach Bums vs Cordle

2-0

Nameless vs Volley #1

0-0

Ink N vs PEK

2-0

Women's League

Zeta #1 vs Dug It

0-0

Zeta #2 vs Spike It

0-0

AEROBIC SCHEDULE ALL FREE CLASSES

Monday, Oct. 14th

10-11 am

noon-1 pm

2:30-3:30 pm

5:15-6:15 pm

5:15-6:15 pm

7:15-8:15 pm

Tuesday, Oct. 15th

noon-1 pm

5:15-15 pm (Basic Step)

5:15-6:15 pm

7:15-8:15 pm

Wednesday, Oct. 16th Thursday, Oct. 17th

10-11 am noon - 1 pm

noon-1 pm 5-5:15 pm (Basic Step)

2:30-3:30 pm 5:15-6:15 pm

5:15-6:15 pm 7:15-8:15 pm

7:15-8:15 pm

Friday, Oct. 18th Saturday, Oct. 19th

noon-1 pm 9-10 am

2:30-3:30 pm

5:15-6:15 pm

5:15-6:15 pm

The above schedule is in effect now through 12/22 and 1/3-6/1997.

"HOW TO" Schedule

Friday, November 15th

Abdominals

Rm 105 HPER

Noon & 5 pm

ARCHERY LAB (Supervised)

Open Mon. & Wed.

11 am - 12:45 pm

All Fall Semester

ATTENTION INTRAMURAL PARTICIPANTS

Campus Recreation is currently taking registration for Session #2. Registration deadline is Friday, October 18. Teams and/or individuals may register in Room 100 of the HPER Building or at the sign-up booth in the Student Center. Late registrations will not be accepted!



OFFICIAL'S NEEDED!

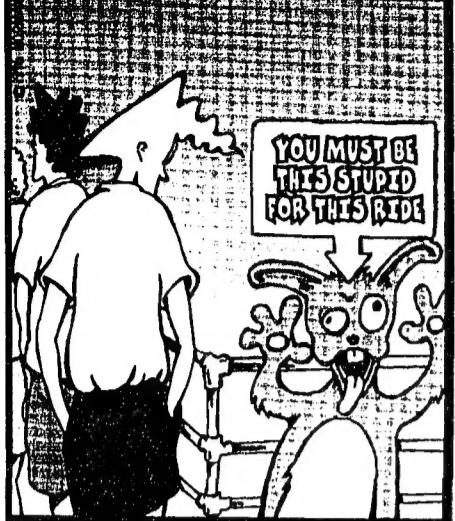
Campus Recreation is currently taking applications for the upcoming Session #2. If you are interested in officiating or supervising please fill out an application form in Room 100 of the HPER Building. A wide variety of sports, flexible work schedules and good pay are available. If you have any questions please call Lance Steffen at 554-2859.



DISCOVER CARD APPLICATIONS

Campus Recreation's Intramural Sports Program is currently being sponsored by Discover Card. If you are interested in a Discover Card you can pick up an application at the HPER Building or the Intramural sign-up table. Please drop off your filled out application forms in Room 100 of the HPER Building. Campus Recreation will pay for the postage!

LACK OF FOCUS



STAMPEDE

Dear Katie,
Hi! I have so much to tell you about school. So much happened! First off, the other night I went to a party with a friend - the one I told you about over the phone and he of a sudden there we were in the middle of nowhere and the cutest girl I have ever seen in my life - he was gone so I didn't know what to do. Oh, and then there is this professor who stops talking and she talks so not so bad, although the other day after dinner a group of us were talking and...

Dear mom and dad,



Wilson Cook

Catholic Campus Ministry



Every Thursday of October
12:05 p.m. to 12:50 p.m.
Everything provided! Bibles and things to munch.
Third floor of the UNO MBSC.

Drop in when you can as often as you can.

Call Teresa for details.

289-2670

Everyone is welcome!

It's not too late
to purchase the new
AFFORDABLE
UNO student health
insurance plan.

Annual premium \$475.00
or 3 installments of \$162.00

See Student Health Services
for informational
brochures and enrollment forms.
1st floor MBSC 554-3171

Or call Rice Insurance at
1-800-658-3677

WOMEN NEEDED for A Voice Study

Receive \$10 for One Hour of Your Time

We need women who:

- Are 20-60 years of age
- Are native speakers of English
- Are non-smokers
- Have no history of speech, voice, or hearing disorders.
- Are not professional singers and who have not had extensive singing training.

For more information call Dr. Maureen Higgins at
the Boys Town National Research Hospital (402) 498-6335.

CLASSIFIED ADS

NOTICES

Advertising will be rejected that discriminates based on age, race, color, national origin, religion, sex, disability, marital status or sexual orientation.

LOST & FOUND

FOR ITEMS LOST AT UNO, Contact Campus Security, EAB 100, 554-2648. Turned-in items can be claimed by a description and proper identification.

Advertising for items lost or found on the UNO campus will be published free in the Gateway for two weeks. Forms are available at the Gateway Office located in Milo Ball 1st Floor.

ADOPTION

Adoption - A Caring Alternative Plan the best future for you and your baby

No fee/confidential counseling Nebraska Children's Home 3549 Fontenelle Blvd. 451-0787.

PERSONALS

JUST A MATTER OF GOOD BREEDING! SEE WHAT WE'RE TALKING ABOUT AT UNDERWATER FANTASIES, INC. 5119 N.W. RADIAL HWY. (JUST EAST ON BENSON) 558-4172

MEET PEOPLE IN YOUR AREA! Set up a voice box to meet men and women. DIVERSE LIFESTYLES TOO! CALL 1-900-407-7072 ext. 901 \$2.95/min 18+ T. tone only. 24 hour.

ABORTION, ADOPTION, PARENTING INFORMATION FREE PREGNANCY TESTS No Appointment Needed. Confidential Info. on all options. Birth control available.

PLANNED PARENTHOOD 4810 Dodge, 554-1045; 6415 Ames, 455-2121; 139th & Q, 894-9006; 3341 N. 107th, 496-0088; 1604 2nd Ave, Council Bluffs, 322-6650

It's easy, quick, and affordable! Place your Classified Ad in the UNO GATEWAY!

FREE PREGNANCY TESTS

No appointment needed
5001 Leavenworth
or new north Omaha location:
1723 N. 33rd St.-lower level
Call for hours
EPS Pregnancy Services
554-1000

ANNOUNCEMENTS

NASA Space Grant Scholarships & Fellowships Awards range \$250-\$7500. Research, course work & flight options available. Graduate & undergraduate applications available. Allwine Hall 422. Deadline is Friday, Oct. 25, 1996. For more info call 554-3772.

GROUPS AND ORGANIZATIONS

Costa Rica Study Tour- C.J. January 3-13, \$875, 3 credits. (402) 872-2219 or (402) 423-7857. Leave name and number.

Has AIDS Touched Your Life? World AIDS Day is Dec. 1. Let's do something at UNO to mark the occasion. Call 558-6737 or e-mail ophilip with ideas.

National Coming Out Day Oct. 13, 1996. Come help us celebrate in the MBSC from 1-6 p.m. Students FREE with ID.

Speak more clearly and forcefully with Numero UNO Toastmasters. 2nd and 4th Wednesdays at 11 in Durham 304. Information 554-3646.

PRIDE Attention Gay, Lesbian, bisexual, Transgender students— Confidential conversation group. Discrete support provided. Contact Kristy 344-4078

New Members Welcome! for the Gay and Lesbian Organization. If you have any questions call Jonathan Raymond, president of GALO at 571-8518.

BE IN THE KNOW WITH UNO! The Gateway has all the latest news and information: News, Sports, Health, Entertainment, Features, and more. PICK UP YOUR COPY TODAY!

EVENTS

ATTN:DENVERBRONCO FANS: Observatory Lounge 148 & Center. Every game on big screen T.V. Cheap drinks- no cover charge.

FUNDRAISING

Raise \$\$\$ The Citibank fundraiser is here to help you! Fast, easy, no risk or financial obligation - Greeks, Groups, Clubs, motivated individuals, call now. Raise \$500 in only one week.

HELP WANTED

Two positions available. 18yr. old or older, 7:30-4:30 Mon-Fri., \$5.25/hr. Child care provider. 18yr. old or older live in child care provider. Workfromboardandboard. 3 nights/wk and every other weekend. Call Kathy 553-0721.

SELF EMPLOYMENT OPPORTUNITY

Window Cleaning Business for sale. Residential/Construction houses. Set your own schedule. Make \$15/hr. Need truck. It put me through school, now you too. Page Brian for more info: 233-8116.

Pt. Cashier Needed Evenings, weekends. Apply in person at Wohner's Grocery, 5205Leavenworth. 551-6875

Needed Pt. Child Care for 2 children near UNO. 2 or 3 full weekdays per week, 16-25 hrs./wk. Non-smoker with own transportation. 556-5198

GET PAID TO STUDY!

Counter help needed at dry-cleaners. Mon-Fri. 1-7p.m. and Sat. 9-2p.m. Must be cheerful and reliable. Call 573-1108

90th & Dodge GRANDMOTHER'S Now taking applications for: PT Waitery Personnel PT Host Personnel Apply in person. EOE 391-8889

Call the Gateway to place a Classified Ad. Contact Kelly or Carol at 554-2470.

COMMUNICATIONS ADVERTISING

The Corporate Administration department of West Telemarketing Corporation has a fantastic opportunity for a part-time Communications Temporary. This position does have the potential to become a regular, staff position. Hours are flexible (between 8a.m. -5p.m.).

Major duties include assisting in development, creation, and placement of recruitment advertising; development and design of plans and materials for job opportunities; and creation, production and distribution of internal newsletters.

Qualifications include minimum Junior status with major course work in communications, journalism, marketing, advertising or related field; knowledge of desktop publishing technology and software (Macintosh preferred); scanner and photo touchup software; and publication design, layout and copywriting experience.

Interested individuals should apply in person, Monday-Friday, 8a.m.-5p.m., or submit their resume via fax to 402-573-1030 or by mail to:

Employment Specialist- KK West Telemarketing Corporation 3311 North 93rd Street Omaha, NE 68134 JOB LINE: 573-2999 EOE

90th & Dodge GRANDMOTHER'S Now taking applications for:

Part-time Cooks Apply in person. EOE 391-8889

ESPRESSO CART

5.35 an hour Early mornings part-time, cashier and customer service experience needed, must be self-motivated and possess good organizational skills. Must work some Sat. Second level UNMC by Gift Shop or call 669-7824 before 4p.m.

Walk it in, phone it in, or even fax in your Classified Ad to the Gateway! We're located on the first floor of the Milo Ball Student Center.

SCIENCE AND PREMED MAJORS CLINICAL CONDUCT ASSOCIATES

Harris Laboratories has opportunities available for persons to monitor activities of Study Participants and collect and document data. Great experience for science, nursing or premed major. This is a variable scheduled position. \$6/hr. with opportunities to increase pay through training. Apply at Harris; Center Mall (42nd & Center); 1941 South 42nd St., Ste. 109, Omaha, Ne 68105-2942. AA/EOE

Earn Money/Free Trips Promoting Spring Break Travel Packages! Inter-Campus Programs 1-800-327-6013 or http://www.icpt.com

FREE TRIPS & CASH! Individuals wanted to sell SKI & SPRING BREAK beach trips. Hottest places & coolest spaces. Check out our web site: www.studentexpress.com Call immediately Student Express, Inc. 1-800-SURFS-UP.

Retail Sales Positions Available at Crabtree & Evelyn One Pacific Place Day-Evening-Weekends Apply in person 397-1166

Women Needed (19-27 years) for a 3-year calcium study. If you are a non-smoker, in good health, and have a poor diet, especially dairy products, you may qualify. Slipend. Call Betty Chin at 280-4819, Creighton University Osteoporosis Research Center.

Full & Part time positions available. Cashiers, Courtesy Clerks, Service Depts.—Deli, Bakery, Produce & Grocery, Office Depts.—Bookkeeping & Pricing. Paid Vacations, premium pay, 401K & profit sharing. Apply in person at CUB FOODS, 770 N. 114th.

DON & MILLIES

44th & Farnam Now hiring part-time help for all positions. Days and nights available. We offer an exceptional work environment, 1/2 price meals, flexible scheduling and great managers! If you can work only 5 hours or want 50 hours we would like to talk to you! Apply after 9 a.m.

SPRING BREAK '97, EARN CASH! HIGHEST COMMISSIONS. TRAVEL FREE

ON...ONLY 13 SALES! JAMAICA, CANCUN, BAHAMAS, FLORIDA, PADRE FREE INFO PACKET! CALL SUNSPLASH 1-800-426-7710 WWW.SUNSPLASHTOURS.COM

FOR SALE

Kiss Tickets 1st Show Oct. 23rd Call 322-9184

FOR SALE '91 Geo Storm GSi. Good condition, 58,000 miles. Air, tinted windows, carbra, pioneer tape CD system. \$6,500 or best offer. Call Kate or Aaron 558-0826.

FOR SALE

'93 Chevy Cavalier. Good condition, 39,000 miles. Air, tinted windows, brand new pioneer CD stereo w/Alpine speakers. \$6,800 or best offer. Call Kate or Aaron 558-0826.

HALLOWEEN COSTUMES

Wild, crazy, affordable, one-of-a-kind. Good selections and good prices. 551-0727 evenings and weekends.

SEIZED CARS FROM \$175. PORSCHE'S, CADILLACS, CHEVYS, BMW'S, CORVETTES. ALSO JEEPS, 4WD'S. YOUR AREA. TOLL FREE 1-800-898-9778 Ext. A-3832 FOR CURRENT LISTINGS.

MISC.

I was walking back to my car after classes the other day. Then I realized my zipper was down. Was it like that all day???

HOUSING

APTS., HOUSES and sleeping mrs. for rent, roommate lists - call UNO Housing Referral Service 554-2383 or stop in the Admin. Office, Milo Ball Student Center.

SERVICES

Professional Tutoring in ESL-English as a Second Language Scholastic - Conversational. Call Jim 738-9304.

TRAVEL

STAY FREE IN ISRAEL Meet International Guys & Gals Volunteer to work on a Kibbutz (Israeli Dude Ranch) Meals incl. ScoreCard Travel (402) 697-0330

TYING SERVICES

Word processing; papers, resumes, etc. Fax/modem, Notary Public. Call Melissa at Data Developers, 556-3008.

TYPING AND WORDPROCESSING

1.50/page. UNO area 551-2918

RESUME SERVICE

Laser-printed on bond paper. For a professional job, call Judy at 597-2452 or 398-1873.

ALL TYPING SERVICES REASONABLE

student papers \$1.50 per page. Adjacent to UNO- Fast, accurate, laser printing. Mary 551-8183.

PRESENT THIS AD

Receive A 30% Discount Key Stroke Typing Service 493-2198

ATTENTION: UNO CLUBS & ORGANIZATIONS
Put your announcement for an upcoming meeting or event in the Gateway Classifieds for only --

25¢/line

Call Kelly or Carol at 554-2470 or stop by MBSC 115 today!!